

# What to Expect During a Massage or Bodywork Session



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## WHERE WILL MY MASSAGE OR BODYWORK TAKE PLACE?

Your massage or bodywork session will take place in a warm, comfortable, quiet room with soft music to help you relax. You will lie on a table especially designed for your comfort.

## WHO WILL PERFORM THE MASSAGE?

The session here will be conducted by a state licensed, trained professional. **What about a gender difference between you and the therapist?** No need to worry, read on about proper draping and professionalism.

## MUST I BE COMPLETELY UNDRESSED? WILL I BE COVERED?

Most massage and bodywork techniques are traditionally performed with the client unclothed. However, you may decide what amount of clothing you prefer to wear for your comfort. The practitioner will leave the room while you undress, relax onto the table and cover yourself with a clean sheet. You will be **properly draped** at all times to keep you warm and comfortable. Only the area being worked on will be exposed.

**WHAT PARTS OF MY BODY WILL BE MASSAGED?** You and the practitioner should discuss the desired outcome of your session. This will determine which parts of your body require massage. A typical full body massage can include work on your head, neck, clavicle area, hands, arms, feet, legs, and back. Although massage can involve very close contact in sensitive areas of the body, you will not be touched inappropriately.

## WHAT WILL THE MASSAGE OR BODYWORK FEEL LIKE?

It depends on the technique used. In a general Swedish Massage, your session may start with broad, flowing strokes which will help to calm the nervous system and to relax exterior muscle tension. Jojoba (pronounced "ho ho ba"), a special skin conditioner, may be used here to permit your muscles to be worked on without causing excessive friction to the skin. As the body becomes relaxed, pressure will gradually be increased to address specific areas and relieve them of muscular tension. Massage is most effective when your body is not resisting, but you should communicate **immediately** if you feel discomfort for **any** reason (physically or mentally) so that another approach may be taken. **Remember, you are in control of your massage therapy session at all times!**

## WILL I FEEL UNCOMFORTABLE ABOUT THE MASSAGE THERAPIST SEEING MY BODY?

Licensed massage therapists are trained professionals. Their job is to make you feel better, not to judge you. They see a wide variety of shapes and sizes and work with each client as an individual. Since massage is an affirming experience, it may even help you come to appreciate your own body more.

**What if I happen to know the therapist personally?** If you have a concern, feel free to convey it, but that should not be a problem.

Reread the first two sentences of this question and remember, confidentiality is paramount in massage therapy!!

## HOW LONG WILL THE SESSION BE?

The average full body massage session lasts approximately one hour. A half-hour appointment only allows time for a partial massage, such as neck, shoulders, & back or, legs, feet, & back. Many people prefer a 60 or 90 minute session for optimal results. Try to allow relaxation time prior to and after the session. **On the first visit** to this massage therapist, it would be helpful to allow 15 to 20 minutes of extra time for filling out a health history form and, for any questions that you might have.

## WHAT SHOULD I DO DURING THE MASSAGE SESSION?

Make yourself comfortable. The practitioner will either gently move you, (such as reposition a leg for better angle) or will tell you what is needed. Many people just close their eyes and completely relax, but feel free to ask the practitioner questions and give feedback: (pressure too hard/too soft, room too warm/too cold, etc.).

## HOW WILL I FEEL AFTER THE MASSAGE OR BODYWORK SESSION?

Most people feel very relaxed. Some experience freedom from long-term aches and pains developed from tension or repetitive activity. After an initial period of feeling slowed down, people often experience increased energy, heightened awareness, and greater productivity which can last for days. Since the circulatory and lymphatic systems are enhanced during a

massage - it is recommended that you drink some extra water following your massage.

## ISN'T MASSAGE A LUXURY? WHAT ARE THE BENEFITS?

Even if massage were just an enjoyable experience, you deserve it. But it is more than a luxury, massage can promote health by helping to relax chronic muscular tension and pain, improve circulation, increase joint flexibility, reduce mental and physical fatigue and stress, promote faster healing of injured muscular tissue, improve posture and may reduce blood pressure. Consider Massage as an Investment in Yourself. It can pay off by improving your capacity to take care of others, to fulfill your responsibilities and - to lead a more satisfying life.

## ARE THERE ANY MEDICAL/OTHER CONDITIONS THAT MAKE MASSAGE OR BODYWORK INADVISABLE?

At your first ever session, a health history will be taken and reviewed for contraindications. At further appointments, the practitioner will ask you about any significant detrimental changes in your health or condition. It is important that you inform the practitioner of any health problems or medications you are taking. If you are under a doctor's care, or pregnant, you might need a recommendation or approval from your doctor. **If you are 17 or younger, a parental consent form must be signed.**

**Thank You**, for considering massage therapy. Please be assured that quality, safety, integrity, and confidentiality are at the foundation of my practice.

Massage Rates are:

30 minute limited - **\$42.00**

45 minute extra----**\$50.00**

60 minute regular - **\$60.00**

90 minute special - **\$85.00**

All times are approximate. Price's subject to change without notice, one discount per visit please. Package rates, gift certificates, and relaxation products are available.



*~ Consider Massage as an Investment in Yourself ~*



For information on how to schedule an appointment, or for any other questions you might have, call **715-389-1111** or visit: [www.massagebyjoel.net](http://www.massagebyjoel.net)

**MASSAGE  
by JOEL**

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