

What Is Massage Therapy?

The application of soft tissue manipulation techniques to the body, using a variety of strokes intended to reduce stress and fatigue while improving circulation.

What are some of the major benefits of massage?

Decreased muscle tension, increased circulation, decreased stress levels, increased joint flexibility, promotes faster healing of injuries, reduced blood pressure, removal of toxins, and reduced frequency of tension headaches, to name a few.

Are There Any Circumstances When I Shouldn't Receive A Massage?

Yes. It is important that before you begin your first session you complete a health form truthfully letting the therapist know of any health problems or medications you are taking. Massage is not advisable during the following: Alcohol consumption, drug abuse, fever, skin rashes, cancer, gout, pneumonia, and high risk pregnancy. A doctor's referral is required during, paralysis, stroke, osteoporosis, coronary artery disease and uncontrolled high or low blood pressure.

Do I Need To Completely Undress?

Most massage techniques are traditionally performed with the client unclothed, however, you should undress to your comfort level. You will be properly draped during the entire session, only the area being worked on will be exposed.

What Should I Do During The Massage?

Close your eyes and completely relax. Remember to keep taking deep breaths throughout the massage. The practitioner may occasionally need your input to determine the appropriate amount of pressure, let them know if it is too much or too little. Feel free to ask questions throughout the massage, the more comfortable you are the more relaxing your experience will be.

Is There Anything I Should Do Before The Massage?

Drink plenty of water and don't eat a large meal within two hours of receiving a massage. Please shower before the massage for health, hygiene, and relaxation benefits.

Is Massage And Bodywork Only A Luxury?

No! Receiving massages on a regular basis is a natural part of a healthy lifestyle.

How Often Should I Receive A Massage?

For general health maintenance once a month is recommended. For more specific health or wellness treatment plans seek the advice of your therapist.

What else can I expect with my massage?

With every massage of 30 minutes or longer we offer a complimentary shampoo and blow dry.

Can I shower after my massage?

Yes, one of our massage rooms is equipped with a shower.

Is a one hour massage a full hour of massage?

Yes, please allow approximately 90 minutes for a 60 minute massage.