

Massage benefits the body and mind in many different ways. The reduction in stress that is experienced during a massage can improve your vitality and state of mind, lessen anxiety and depression, and contribute to a positive body image. Physically, massage can help relieve muscle tension and soreness. It increases blood supply and nutrition to muscles and helps maintain muscle tone. Massage can improve circulation and lymphatic flow, thus hastening the elimination of wastes and toxins from the body.

Massage benefits people from all walks of life. Athletes and active individuals, overstressed parents, workers, and older populations will all benefit from the many positive effects massage has to offer.

Benefits of Massage Therapy

- Calms the nervous system
- Lowers blood pressure
- Reduces heart rate
- Slows respiration
- Reduces chronic pain
- Relieves muscle spasms
- Improves muscle and skin tone
- Increases flexibility and range of motion
- Eliminates metabolic wastes
- Promotes healing
- Reduces mental stress and anxiety
- Promotes better sleep
- Induces a state of relaxation
- Improves concentration
- Enhances self-image
- Supportive in weight management/loss

Frequently Asked Questions

Q: What do I wear?

A: You may undress to your own level of comfort. However, in order to receive the most effective work on your back, your undergarments should be removed. You will be properly draped at all times using standard professional massage protocol.

Q: What's the room like?

A: The room is private, the lights are dim, and relaxing music is played. The massage table is also equipped with an adjustable heat control for added comfort.

Q: Does it hurt?

A: Until massage becomes a customary part of your overall wellness program, there will be areas of your body that carry a lot of tension. You may experience some slight discomfort in these muscles that will go away within a couple of days after your massage. Drinking plenty of water will help reduce any soreness.

Q: Can pregnant women receive massage?

A: Massage during the first three months of pregnancy is not advised. After the first trimester, massage can be beneficial to both mother and baby. Contoured body cushions and other positioning techniques ensure safety and comfort throughout the massage. As a safeguard, please consult your doctor prior to receiving therapeutic massage to ensure that it's right for you.



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Q: What kind of massage is performed?

A: Our certified practitioners combine a variety of massage disciplines to make sure you leave feeling completely relaxed and rejuvenated. Your therapist will work with you to determine the type of massage will best meet your needs.

Q: What's the difference between a Full Body and an Intensive massage?

A: A Full Body Massage is a 50-minute, relaxation-oriented treatment that covers the entire body. An Intensive Body Massage is an 80-minute session that provides a full-body treatment while focusing more time on specific areas of need.

Q: What is Hot Stone therapy?

A: Hot stone therapy is performed with tumbled basalt stones that are heated. Each stroke of the stones reaches deep into muscle tissue, allowing the therapist to more effectively work the warmed, relaxed muscles. Stone therapy serves as a supplement to enhance touch therapy.

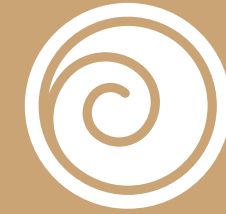
Follow-Up Recommendations

Drinking plenty of water following a massage will help your body eliminate toxins dispelled from your muscles and will aid in extending the benefits of your massage.

Regimen Recommendations

Receiving massage once a week is optimal, however a bi-weekly or monthly regimen will accomplish satisfactory levels of stress reduction.

Medical Statement: If you are under a doctor's care, it is strongly advised that you consult with him or her before receiving massage. If you have questions or concerns, talk to your therapist before your session.



THERAPEUTIC MASSAGE FAQ