



THERAPEUTIC MASSAGE FYI & FAQ

Massage is beneficial in many different ways. First, there is the benefit of stress-reduction. You can relieve anxiety, headaches, neck aches, nervousness, irritability, and poor circulation. We have all felt these symptoms at one point or another in our lives. By simply receiving a massage, you will reclaim a sense of well-being.

Stress relief alone can improve your vitality and state of mind. Massage helps to define the body and is key in developing a positive body image. Massage benefits people from all walks of life. Active individuals, overstressed executives, and even older populations will benefit from massage, as it enhances flexibility.

Massage can help with the relief of muscle tension and soreness. It increases blood supply and nutrition to muscles, and helps maintain muscle tone. Massage can improve circulation and relieve congestion. It helps to detoxify by pushing along lymphatic fluids and hastening the elimination of wastes and toxins.

BENEFITS OF MASSAGE THERAPY

Physical Benefits

- Physically relaxes the body
- Calms the nerve system
- Lowers blood pressure
- Reduces heart rate
- Slows respiration
- Reduces chronic pain and relieves muscle spasms
- Improves muscle and skin tone
- Increases red blood cell counts
- Relieves tired and aching muscles
- Stimulates the release of endorphins
- Increases flexibility and range of motion
- Increases tissue metabolism

Psychological Benefits

- Reduces mental stress and anxiety
- Promotes better sleep
- Induces a state of relaxation
- Improves concentration
- Enhances self-image
- Provides a feeling of well-being

WHAT DO I WEAR?

You may undress to your own level of comfort. It's important to mention however, that 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.

WHAT'S THE ROOM LIKE?

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.

DOES IT HURT?

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.

CAN PREGNANT WOMEN RECEIVE MASSAGE?

Massage during the first three months of pregnancy is not advised. After the first trimester, massage can be beneficial to both mother and baby. The alignment of the spine can change significantly as a pregnancy progresses - massage can bring relief to an over stressed back and body. Contoured body cushions and other positioning techniques ensure the safety and comfort of the mother-to-be throughout the massage. As a safeguard, please consult your doctor prior to receiving therapeutic massage to make sure it's right for you.

WHAT KIND OF MASSAGE IS PERFORMED?

Our certified practitioners combine a variety of massage disciplines. Their principal aim is to impart a peaceful and satisfying massage experience. Deep tissue massage is presented at your initial massage along with an individualized recommendation for future visits.

WHAT'S THE DIFFERENCE BETWEEN AN INTENSIVE AND A FULL BODY MASSAGES?

An *intensive body massage* is an 80-minute treatment that incorporates a specific area of need focus along with a full body massage routine. A *full body massage* is a 50-minute treatment that is a relaxation-oriented massage that covers the entire body.

WHAT TYPE OF MASSAGE OIL DO YOU USE?

You may choose from scented and unscented massage oil, water-based gel or a dual-purpose cream

WHAT IS HOT STONE THERAPY?

Hot stone therapy is performed with tumbled basalt stones that are heated. Using hot stones rapidly improves circulation, increasing the flow of nutrient-rich oxygen that enhances the way in which every cell in the body functions. Each stroke of the stone

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.

FOLLOW-UP AND REGIMEN RECOMMENDATIONS

Drinking plenty of water following a massage will help your body eliminate toxins or wastes dispelled from your muscles. Relaxation after a massage will also aid in extending the benefits of a massage.

Regimen Recommendation: One week is optimal, however a bi-weekly or once a month regimen will accomplish satisfactory levels of stress reduction. Tremendous benefits are derived from a schedule of regular massage.

MEDICAL STATEMENT

If you are under a doctor's care, it is strongly advised that you receive a written recommendation prior to any massage. If you have any concerns or questions, please talk to your therapist before your treatment begins.