

# BELOW IS VALUABLE INFORMATION ON HOW TO PREPARE TO FULLY ENJOY A MASSAGE 😊

**[PLEASE READ IT]**

## **How to get the most from your massage session**

Always remember when you are getting a massage; this is my massage! Keeping this in mind, you need to get a massage with your preferences, likes, and needs fulfilled. People are unique with their own likes/dislikes so communication is pivotal to getting what you want. Massage should be custom tailored to you; not the Massage Therapist. When this is accomplished, massage can be a powerful tool to help your body perform its best and maintain a healthy balance. Why not do everything you can to get the most from every massage session you have. This information is devoted to providing you with practical help so you can enjoy your massage sessions to the max.

### **I - Before your session...**

#### • **WHERE THE MIND GOES THE BODY FOLLOWS!**

You need to develop the attitude that massage really is all about me! I dare say *60% of enjoying your massage depends on your current **mental state.*** As the mind goes – so goes the body. You simply must think peaceful positive thoughts before and during your massage session. Even if there are stressful situations occurring in your life you are going to have to tell yourself for the next hour, 1.5 hour, two hours, or how ever long your session is, **I AM GOING TO ENJOY THIS TIME FOR MYSELF!** It may not be easy but you can do it. Even say it aloud: I DO NOT CARE WHAT IS GOING ON RIGHT NOW; I AM GOING TO ENJOY MY MASSAGE SESSION. The things currently influencing your life can affect the mood of your session. You can improve your results by preparing yourself before your massage time. If you can put the events of your life on pause for a little while and truly devote your session time to taking care of you; the benefits you experience will be greatly enhanced. Life really will wait a couple of hours for you — and you will be in much better shape to deal with your responsibilities when you are feeling your best! As far as you are concerned mentally, those problems do not exist during your session.

Other things you can do: **Take a relaxing bath or shower before your appointment time & limit consumption of caffeine and sugar, as well as other stimulants**

- Avoid eating immediately before your appointment
- Remove all jewelry before each session
- If this is your first appointment with me please arrive 15 minutes early so we can discuss what you want
- It is best to not wear any makeup either, however, if you are just coming from work it is understandable that you may not be able to do this
- If you need to use the restroom, please do so before your session starts
- Allow extra time in your schedule so you do not have to rush to be ready for your session. Otherwise, it may take longer to reach a relaxed state. Be aware of your current condition so you can report anything that needs attention. It is important to explain what is going on health wise, because changing health conditions can affect your massage needs.

## II - During your session...

- Share what is going on with you today. If you have a tender spot or an injured area, bring it up so it can be addressed. If you feel you need more pressure or a lighter touch during the session, please say so. If everything is great, you can lie back and relax. If you find your attention is on something, bring it up so you will be able to lie back and relax! Specify your preferences. **Everyone has different needs and wants, so share yours! [Fill out the client Intake form, including the body chart I supply accurately and completely.]** Is everything in the massage environment okay? Some things to focus on are the temperature, lighting; sound level of the relaxing massage music, scent of the aromatherapy, is the face-rest your head & face is lying on comfortable, are the bolsters comfortable... Are there any other distractions? Are you completely at ease? Massage really is all about comfort! Do you like specific techniques or strokes? Do you prefer more time spent on a certain area? What areas do you want massaged? What areas do you not want massaged? How do you prefer to be draped...? (Sheet, Towel). Everyone is different, so please mark on your intake sheet; you will receive when you come in, exactly as you prefer. Each session is especially for you, so please communicate about what you want or do not want! If there is anything you do not understand, please ask so I can discuss it. Prepare to let all your stress go and relax! One of the major massage goals for many people is to lessen tension and stress. Many of those aches and pains that demand our attention are linked to stress. In fact — according to Dr. Don Colbert in his book **Stress Management 101** according to the American Institute of Stress — **(between 75 to 90 % of all primary care doctor visits are stress related)**, so maximizing the relaxation in each session should help you to maintain a much higher level of well-being! Massage is one of the best ways on the planet to help reduce stress in one's life!! One way to quiet your mind is to focus your attention on the session — really get in tune with your sense of touch. Proper breathing helps you to relax and to reach your session goals. Slow, deep breathing (from the gut) will provide your body with much-needed oxygen, while signaling your body to let go of its tensions.

## III - After your session...

- If at all possible, allow for some quiet time before you continue your busy life. Drink extra water!! Massage releases waste products and toxins from your muscles. Increasing your fluid intake lowers this toxicity and lessens the strain on filtering organs. If those toxins, which were just moved during your massage, go back where they came from; you may not feel so good. Water will help flush those toxins out of your system and prevent this from happening.

## IV - Before your next session...

- Make your massage results last by avoiding as many stressful elements as possible. Schedule your next appointment! When you make bodywork **a regular part of your life**, you are helping your body to maintain a better state of balance. **In the end, you stand to enjoy much better health gains through consistent sessions.** Make note of anything that occurs between sessions to bring up next time.
- Enjoy your life!  
Nothing is more important than your well-being, so make taking care of yourself a high priority. When you feel your best, you are in much better condition to deal with all of life's challenges and demands. I hope that this list has given you at least a couple of helpful hints. If there were any other points, you would like to bring up, before or during your session, please do so. In addition, if you have any questions regarding your massage session, please ask.