

What to Expect During a Massage Session

At your first session, you will be asked to fill-out a medical history, which the therapist will discuss with you. This is important, so that the therapist knows any conditions which could be aggravated and so she can plan a session to address issues massage is likely to help.

You will be shown into a private therapy room and left alone while you undress (you choose how much) and position yourself under a sheet on the massage table. Only the part of your body being worked on will be exposed at any one time. You will be encouraged to give immediate feedback as to comfort, warmth, or any concerns.

You will have a choice of music and scented oil. The therapist will draw from a variety of massage techniques to sooth and relax your muscles. All you need to do is relax and breathe.

At the end of the agreed-upon time, you will be left alone to dress and collect yourself. Then you'll rejoin the therapist in the front office to complete the transaction and schedule your next session!

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