



Frequently Asked Questions Regarding Massage

- **Will I be covered during the session?**

You will be properly covered or draped at all times to keep you warm and comfortable. Only the area being worked on will be exposed. No areas will be exposed without your consent. You should always let your therapist know if you are uncomfortable for any reason during your massage session.

- **Must I be completely undressed?**

You should undress to your desired level of comfort. About half of our clients prefer to be completely undressed, while the other half prefers to keep their undergarments on. This is completely up to you. You will undress and dress in the privacy of your massage room and will be securely covered by a blanket and a sheet during your massage session.

- **How much should I tip?**

Many clients are unsure if and/or how much they should tip their massage therapist. It is truly a personal preference. Tipping is common in this industry and your therapists appreciate your recognition of their service.

- **What if I fall asleep?**

It's ok, your body obviously needs the rest. We will continue to work, only waking you to turn over.

- **What if I don't like to lie face down?**

Therapists are trained to work in a side lying position. This is your time and your comfort is our concern. Every therapist has their own protocol; however, all of these are adaptable to your comfort level. I.e. you don't want to lie face down, you don't want your feet touched, you want just your upper body worked on, you don't like deep (or light) pressure. Share any and all concerns during your intake review with your therapist.

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- **Do I have to listen to “new age” music?**

No, each room will have its own music library and if there is something you would rather listen to, please tell your therapist.

- **Is there anything I should do after my massage?**

If you have the ability to relax and not over exert yourself, that is ideal. Some people may experience soreness 24-48 hours after a deep tissue massage; almost like a hard workout.

We recommend an Epsom Salt bath after a massage (especially a deep tissue one) and drinking plenty of water (which is always a good practice.)