

## What to Expect During Your Massage Experience

A professional massage is a great way to relax, rejuvenate and recover from the stresses that life throws at us. But, receiving a professional massage for the first time can be intimidating. A little education prior to your first experience can be helpful in easing concerns. To help ensure that massage is appropriate for you, your therapist will sit down with you at your first session to discuss your current health status and to thoroughly review your client intake form. This discussion also includes determining your reason for seeking massage therapy and your goals for the session. This will help the therapist to design an appropriate experience for you. At subsequent sessions, your therapist will inquire as to any changes in your medical history and review your reason for seeking massage.

Having reviewed your medical history and determined the appropriateness of massage therapy, the therapist will review his treatment plan for the session. The session may include a full body massage or massage to specific areas of the body. A full body massage typically includes the head, face, neck, pectorals, upper extremities, abdominals, lower extremities, gluteals and the back. After reviewing the treatment plan, the therapist will step out of the room to wash his hands while you undress to your comfort level. Some people are comfortable removing all their clothing while others prefer to leave their underwear on. It's completely up to you. After you undress, you will lay down on the table as your therapist directed and cover yourself with the sheet (aka drape). At this point the therapist will enter the room and begin the session. As the session progresses, only the body part being worked on will be uncovered. The breasts, genitals and gluteal cleft will be covered at all times.

You will be given complete control over your session as your comfort is the number one priority. The therapist can ascertain some feedback through body language, but can't know everything as to how you are feeling. Don't be afraid to speak up. If you are hot/cold, if the pressure is too much/too little, if movement or stretching of a body part hurts, if you are not comfortable with how the drape is, if you prefer not to have a body part addressed or if you are not comfortable in your positioning, just let your therapist know. He will do what he can to make your experience a positive one. In addition, there will be music playing during your session designed to help you relax. As you relax, feel free to lay quietly or to talk as little or as much as you would like.

At the end of the massage, the therapist will leave the room and allow you to get dressed. Next, if necessary, the therapist will review what he learned/observed during the session and give you suggestions as related to body mechanics, activity modifications and exercises that might be beneficial to you. At that point, the therapist will answer any questions that you may have prior to ending the session.

Please sign below to indicate that you understand what to expect during your massage session.

Client:

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name	signature	date
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Parent/legal guardian (if client is under 18 years of age):

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name	signature	date
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