



Why should I get a Massage?

Benefits of massage and bodywork are many. It can help release chronic muscular tension and pain, improve circulation, increase joint flexibility, reduce mental and physical fatigue and stress, promote faster healing of injured muscular tissue, improve posture and reduce blood pressure.

Massage and bodywork are also known to promote better sleep, improve concentration, reduce anxiety and create an overall sense of well-being.

Massage provides relief to people from all walks of life – from the weekend warrior or competitive athlete to the home gardener or the overstressed executive struggling to keep on top, in today's fast paced environment. Secretaries, laborers and waitresses – anyone can benefit from a session of massage or bodywork at some point in time.

Are there any Medical Conditions that would make massage therapy or bodywork inadvisable?

YES. It's imperative that before your massage therapy session begins the practitioner asks you a number of general health questions. Plan on arriving 10-15 minutes prior to the appointment time to fill out a health history form and review this with the practitioner so that the practitioner will know where you are having difficulties and what areas to focus on. This will help determine the type of massage techniques that your practitioner will use. It is very important that you inform the practitioner of any health problems or medications you are taking. If you are under a Doctor's care, it is strongly advised that you obtain from the Doctor written recommendation for massage or bodywork prior to any session. If you have a cold or the flu then your massage or body work session should not proceed. Give your practitioner as much notice as possible (preferably 24 hours) to cancel and reschedule your appointment.

How will I feel after a Massage?

Most people feel very relaxed. Some experience freedom from long term aches and pains developed from tension or repetitive activity. After an initial period of feeling slowed down, people often experience increased energy, heightened awareness and greater productivity, which can last for days. Since toxins are released from your soft tissues during massage therapy, it is recommended you drink plenty of water following your massage. It is possible to be sore after a session, especially if it is your first massage and you fail to drink plenty of water afterwards. Refrain from vigorous exercise for 24 hours after a massage, unless your massage is designed for a pre-determined sporting event. Proper stretching is helpful in maintaining the increased flexibility that you will experience after your massage.

General Massage Therapy Tips

Prior to your massage, hydrate with water to make your massage more enjoyable. Dehydrated tissue is harder to work with and more uncomfortable for you, the client. A session of massage or bodywork is recommended at least once per month for therapeutic benefits. Don't wait until you go on vacation – use massage as a mini-vacation or stress-break during your normal routine.