



MASSAGE FAQ

This is YOUR session. Speak up! Why is this so important? If you want anything changed: pressure, areas worked, position or if you are too hot or too cold ... speak up! You will not hurt the therapist's feelings by asking for something that will make you more comfortable. Your therapist wants this to be the best experience for you to relax and enjoy. Also, what you requested in one session may be different in another. If you had a full body massage last time, but this time you only want your back/neck/shoulders/arms worked, it's perfectly fine to ask.

WHAT SHOULD I EXPECT AT MY FIRST VISIT?

Your massage therapist may require you to fill out a health history form. Afterward, the therapist will begin by asking you general questions to establish what areas you would like worked on, if there are any conditions needing to be addressed, and to determine if massage is appropriate for you. Your massage therapist may perform certain assessments and testing to evaluate your condition and to see if you have any present complaints.

WHY DO I HAVE TO COMPLETE THE INTAKE FORM?

It is important to list all health concerns and medications so the therapist can adapt the session to your specific needs without doing any harm. It is also important to list any allergies so the therapist is aware if he/she needs to use a different oil or lotion during the session.

WILL IT HURT?

This depends on the type of massage and the depth of the strokes. A light, relaxing massage that doesn't probe very deep into the muscles, shouldn't hurt. With that being said, there is a "feels good" hurt and an "ouch, stop it" hurt. A good massage, even a really deep tissue massage, should always stay in the "feels good" hurt range. Pain can be an indication that the muscle is possibly injured or inflamed and pressure should be adjusted. Also, pain can cause you to tighten up and negate the relaxing effects of the massage. The most effective and deepest massage always works with your body's natural response, not against it. If you are feeling the "ouch, stop it" hurt please speak up immediately so the therapist can adjust the pressure.

DO I HAVE TO TAKE OFF ALL MY CLOTHES?

You should undress to the level you are comfortable. For a full body massage, most people get completely undressed. However, if you will be more comfortable during the session if you leave your underwear on, that's fine. The therapist will work around the clothes you left on as best as he/she can. If removing all your clothes makes you too nervous and unable to relax, then you are not getting the optimal benefit from the session. Your massage therapist will give you privacy to undress and to get comfortable on the table.

DO I HAVE TO BE UNDER THE SHEET AND BLANKET?

This is known as draping and at Modern Wave, draping is always used. Once you are undressed and on the table under the drape, the therapist will only uncover the part of your body being worked on.

WHAT DO I DO DURING MY MASSAGE?

Make yourself comfortable. If your therapist wants you to adjust your position, they will either move you or will ask you to move what is needed. Otherwise, change your position anytime to make yourself more

comfortable. Many people close their eyes and relax completely during a session; others prefer to talk. It's up to you. It is your massage, and whatever feels natural to you is the best way to relax. Do not hesitate to ask questions at any time.

CAN I TALK DURING A MASSAGE?

Sure, if you'd like to talk go right ahead. The important thing to remember is that this treatment is all about you relaxing and enjoying the experience. In many instances, people may feel more relaxed starting off talking, and as the massage progresses, enter quiet states of relaxation.

The important issue here is that there are times when you need to speak up. If the therapist is doing anything to make you uncomfortable, you should let them know immediately. Also, let them know if you get too warm or too cold, if the room is too bright, or if the pressure needs to be changed (lighter or deeper). If something is not working for you - speak up! It's OK!

HOW OFTEN SHOULD I GET A MASSAGE?

"Some is better than none." What does that mean? Well, it varies from person to person. If you are just looking for some occasional relaxation, then a session every 3-6 weeks may be fine for you. However, if you are looking to address a specific condition, then it is recommended to go more frequently at first and then slowly taper down to a maintenance schedule. Sometimes more frequent 30-minute sessions can be effective until your goals are met and a maintenance schedule is in place. Frequency of sessions should be discussed with your massage therapist after your treatment, when they have a better hands-on understanding of your particular muscular issues.

HOW SHOULD I FEEL AFTER A MASSAGE?

Most people feel very relaxed. Some experience a significant decrease or freedom from long-term aches and pains. Many feel a little slowed down for a short period and then notice an increase of energy, heightened awareness and increased productivity, which can last for days. If you received a deep massage, you may be slightly sore the next day much like a good workout at the gym. Sometimes a hot shower, or a soak in the tub can ease this soreness. After your session you should increase your water intake a bit. Just a glass or two more than normal is usually fine. This helps keep your body's tissue hydrated and healthy.

WHEN SHOULD I NOT GET A MASSAGE?

There are few conditions that would prevent you from enjoying massage. You should not book a massage if you have a fever, cold/flu, or contagious skin infection. There are many other conditions in which your therapist may need to adapt their techniques (i.e. arthritis or osteoporosis) or avoid an area completely (i.e. cuts or burns). With some conditions, it is a good idea to get approval from your physician before you receive massage (cancer, certain heart conditions, pregnancy). This doesn't mean you can't get a massage, but it's always better to err on the side of caution. Your therapist can advise you about your specific needs.

The information presented here is for general educational purposes only and is not intended to replace the advice of your physician.