



## Massage Therapy



### Why Massage Therapy?

- Helps relieve stress and aids relaxation
- Helps relieve muscle tension and stiffness
- Fosters faster healing of strained muscles and sprained ligaments; reduces pain and swelling

- Reduces muscle spasms
- Treats injuries caused during sport or work
- Promotes deeper and easier breathing
- Improves circulation of blood and movement of lymph fluids
- Reduces blood pressure
- Helps relieve tension-related headaches
- Enhances the health and nourishment of skin
- Promotes a relaxed state and mental alertness
- Enhances capacity for calm thinking and creativity
- Reduces levels of anxiety
- Creates body awareness

### Frequently Asked Questions

#### **What should I expect during my first massage therapy visit?**

Your massage therapist will require you to fill out a health history form. Afterwards 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.

#### **What do I wear during the massage?**

For a full body massage, most people undress completely. However, you may choose to wear underwear. Undress to your own comfort level, but more clothes may inhibit the effectiveness of the massage. Your massage therapist will give you privacy to undress, and you will be covered with a sheet and blanket at all times except the area that is being worked on.

#### **What do I do during my massage therapy treatment?**

Make yourself comfortable. If your therapist wants you to adjust your position, she or he 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.

### **How will my massage feel?**

It usually depends on the techniques used. Many massage therapists use a form of Swedish massage, which is often a baseline for practitioners. In a general Swedish massage, your session may start with broad, flowing strokes (*effleurage*) that will help calm your nervous system and relax exterior muscle tension. As your body becomes relaxed, pressure will gradually be increased to relax specific areas and relieve areas of muscular tension. Often, a light oil or lotion is used to allow your muscles to be massaged without causing excessive friction to the skin. Do not hesitate to ask questions or mention if you feel any discomfort so that the massage therapist can use another approach or technique.

### **Will the massage oils used make me break-out?**

Most massage therapists use hypoallergenic massage oils or lotions. However, if you have sensitivity to certain types of oils or lotion please bring it to the massage therapist's attention, as most practitioners have an assortment of oils and lotions on hand.

### **How long will my massage treatment last?**

The average full-body massage treatment lasts approximately one hour. A half-hour appointment only allows time for a partial massage session, such as neck and shoulders, back or legs and feet. Many people prefer a 60 - to 90-minute session for optimal relaxation. Always allow relaxation time prior to and after the session.

### **How will I feel after the massage therapy treatment?**

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 a massage, it is recommended you drink plenty of water following your massage.



### **Massage Prices**

30 minute massage - call  
60 minute massage - call  
90 minute massage - call

### **Schedule an appointment by calling: (517) 339-4050**

- Payment is due at the time of service
- Any guest who is more than 10 minutes late may have to reschedule their appointment.



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