

art of self

Introduction to your massage:

At the time of your massage, the atmosphere is relaxed, warm, enhanced by candlelight and meditative music. The holistic experience can be heightened by the use of high quality aromatherapy oils.

A typical massage session can be either 30, 60 or 90 minutes in length, depending on your goals. A thirty minute massage is performed on the back and neck, or on a particular problem area. A 60 or 90 minute massage is generally performed on the entire body. Your practitioner consults with you to determine the focus of your particular concerns. You lie on a massage table in a comfortable, warm room and are fully draped with a sheet or towels; only the area being worked on is uncovered. You choose the level of undress that is comfortable for you. Your modesty and comfort are a priority at all times. The Practitioner will use massage oil or cream in this session, which allows for smooth and fluid massage strokes. The practitioner uses a combination of several techniques including effleurage (gliding strokes), kneading, percussion, compression, gentle stretching and movement. As your body relaxes, your practitioner focuses on specific areas of concern.

Massage is an effective way to help your body release tension and stress. It has been well documented that Massage Therapy can benefit your health and well being. Most importantly, the benefit of deep relaxation and stress reduction through massage can enhance your body's natural healing ability. By increasing the awareness of the mind-body connection, you can have several health-enhancing effects. Massage can strengthen the immune system, relieve anxiety, promote better sleep, relax tight tense muscles, decrease chronic pain, detoxify, increase blood and lymph circulation, reduce blood pressure, aid in digestive functioning, and promote a healthier nourished skin. Massage helps to restore balance to many systems of the body while promoting wellness.

Massage is not appropriate for acute infection, fever, recent acute trauma, and some serious illnesses. Should you have a serious illness, please consult your physician before receiving a massage.

I recommend:

- Arriving early to take the stress out of getting to your appointment.
- Avoid stimulants such as sugar and caffeine prior to your appointment.
- Ask any questions you may have about your session.
- Take a relaxing shower, bath or sauna before your session begins.
- Inform your practitioner of any tension, pain or injuries that you have.
- Give your practitioner feedback about your preference for more or less pressure.
- Take a breath...and relax into the experience.
- Drink extra water after your session to help flush your system and re-hydrate your tissues.
- Treatment approach varies depending on each individual and their health goals. For individuals with chronic or acute conditions, a treatment plan may include a series of sessions to maximize the cumulative benefits of this modality.