

# How to Prepare for a Massage

## The Day of the Massage

### Eating and Drinking



Drink lots of Water



Don't Drink Alcohol



Have a Cup of Tea



Avoid Lots of Caffeine



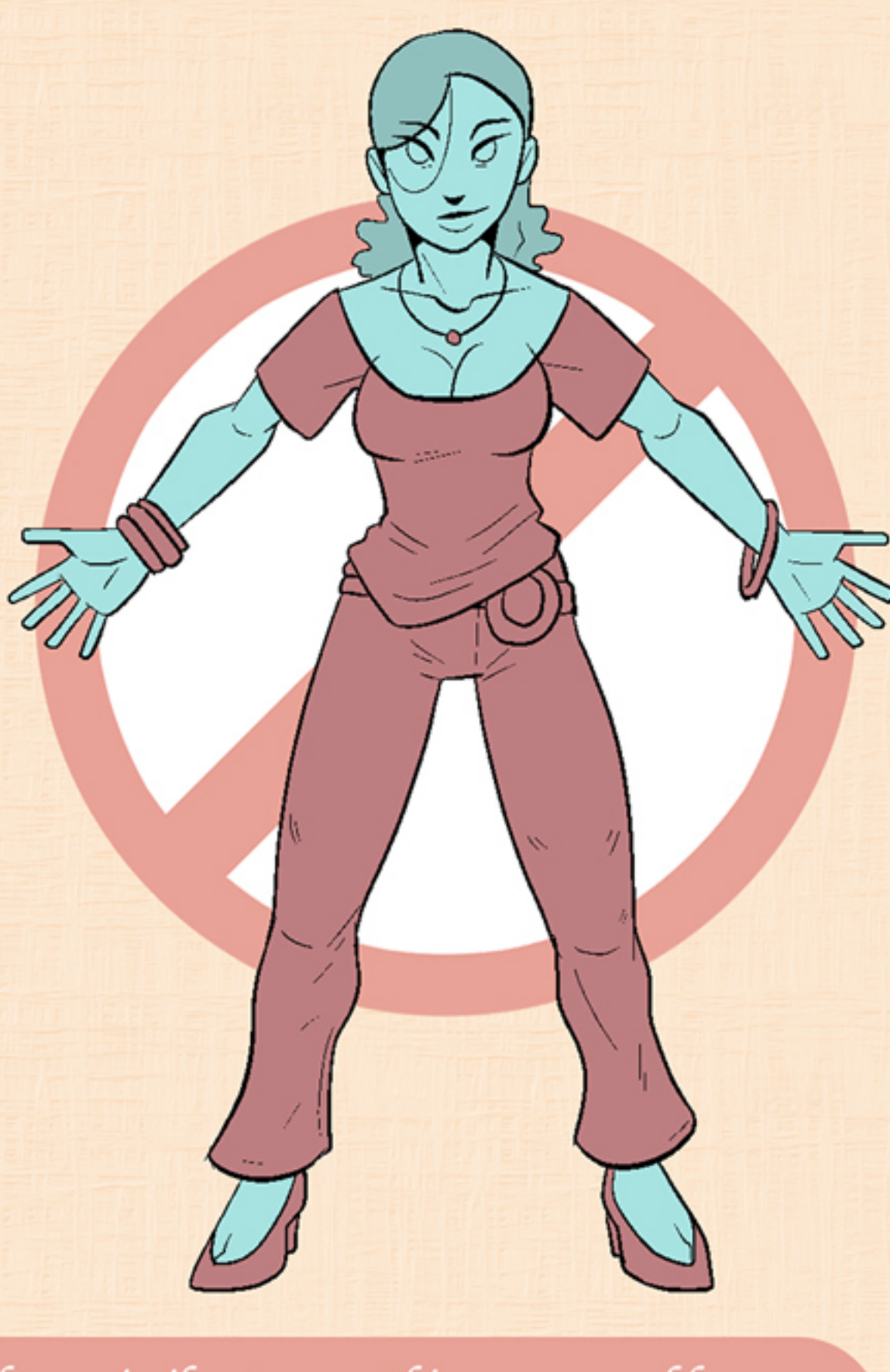
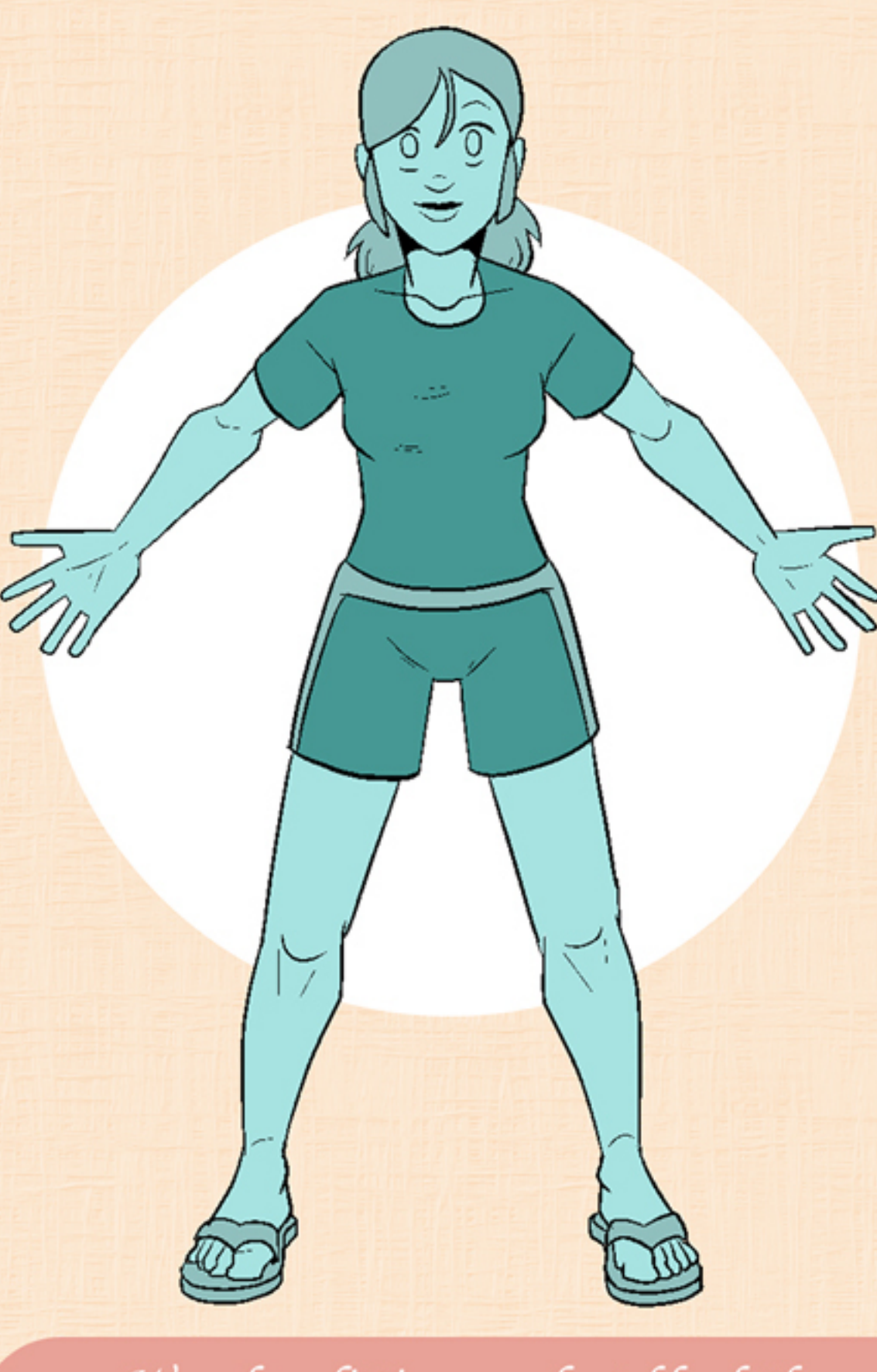
Eat lightly or have a snack

### Stretching



1. Reach your hands over your head, holding for 5 seconds
2. Bend at the waist and try to touch your toes, again holding for 5 seconds
3. Slowly Swivel from your left to your right

### What to Wear



Wear loose fitting, comfortable clothes and shoes, similar to something you would wear to the Gym, don't wear high heels which can offset your post-massage relaxed muscles.

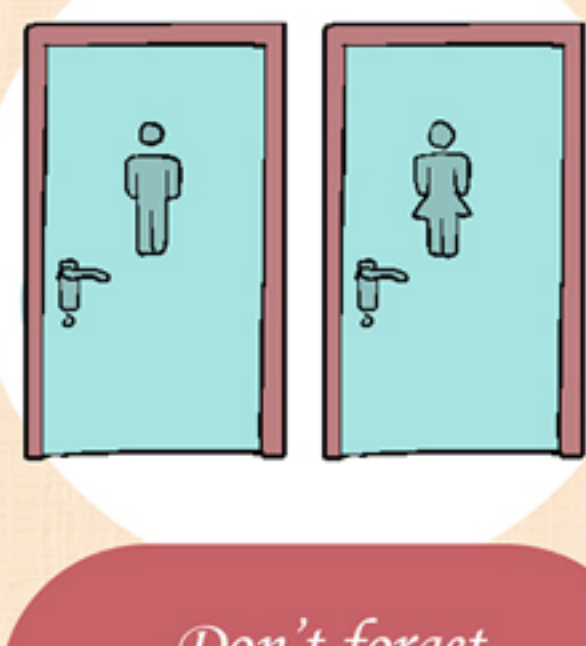
### Arriving Early



Fill out any forms that may be required



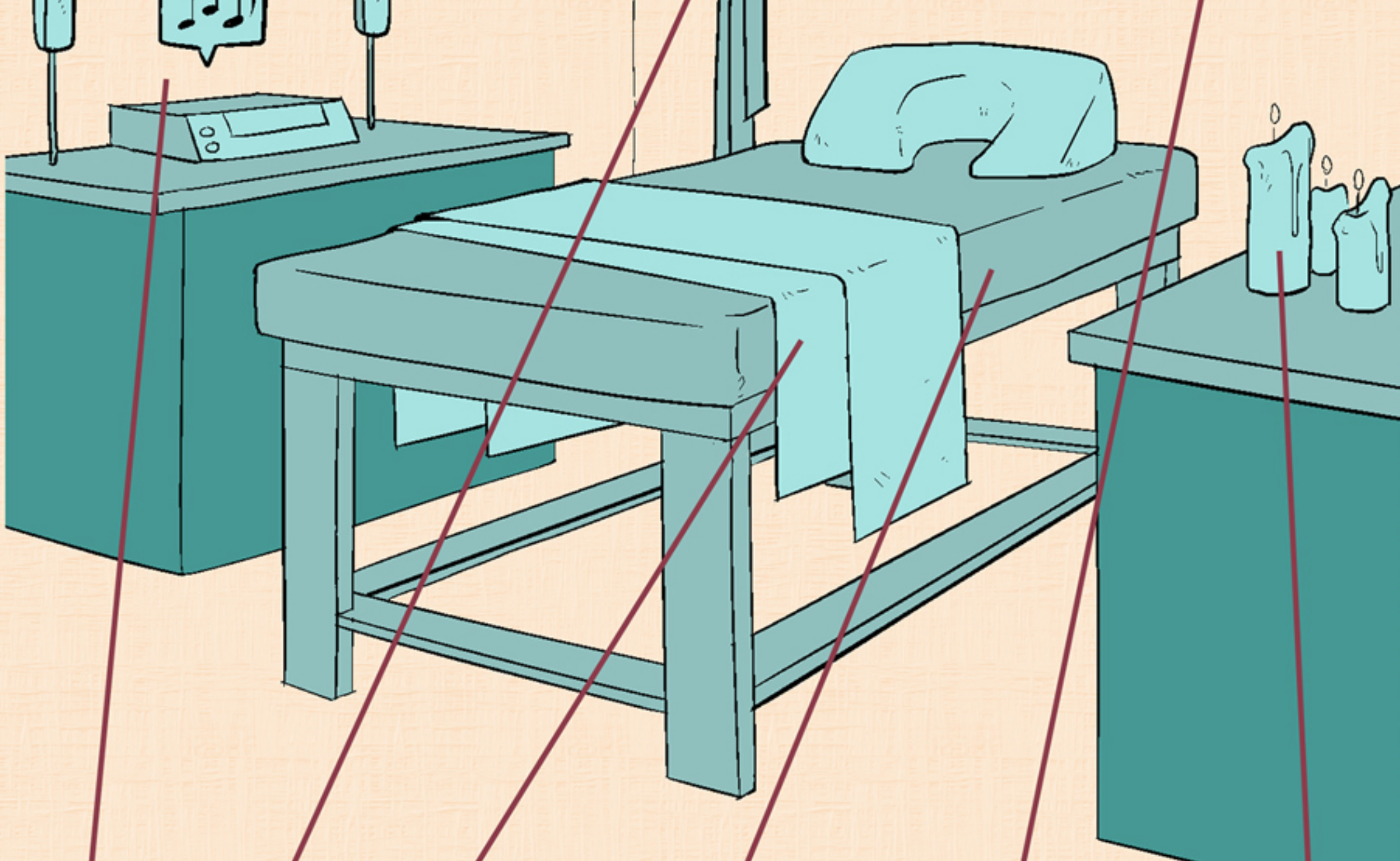
Start to relax before you enter the room



Don't forget to use the Bathroom!

## When You Enter the Room

### What to Expect



Music

Hook

Drape

Massage Table

Dim Lighting

Candles

### How to Get Ready



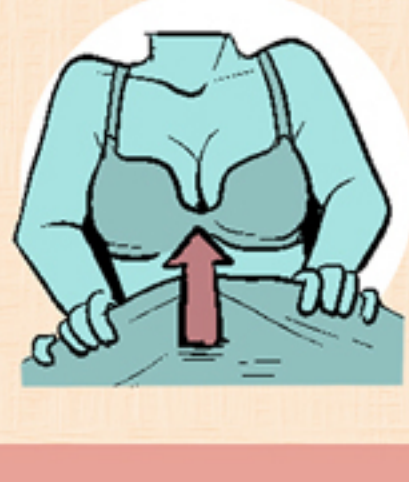
1. Remove as much clothing as you feel comfortable. Hang your clothes on the hook.



2. Remove any jewelry that could get in the way.



3. Lay on the table face up or face down.



4. Cover your body with the draped sheet or towel.



5. Give the massage therapist permission to enter when they knock.

### Before the Massage, Tell your Massage Therapist —



If you have Epilepsy, Heart Trouble and/or Allergies



If you Don't Want Music During the Session

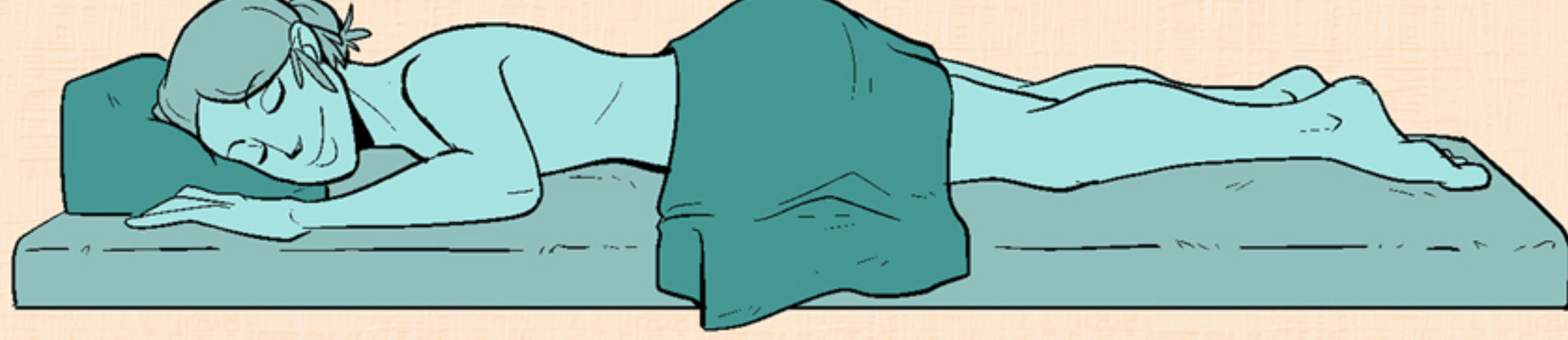


Any Questions you may have, and Your Expectations for the Massage



Any Areas that are Sensitive, or should be Avoided

## During the Massage



### How to Get the Most from your Massage



Don't Resist, Try to Relax



Let Your Thoughts go



Focus on the Touch

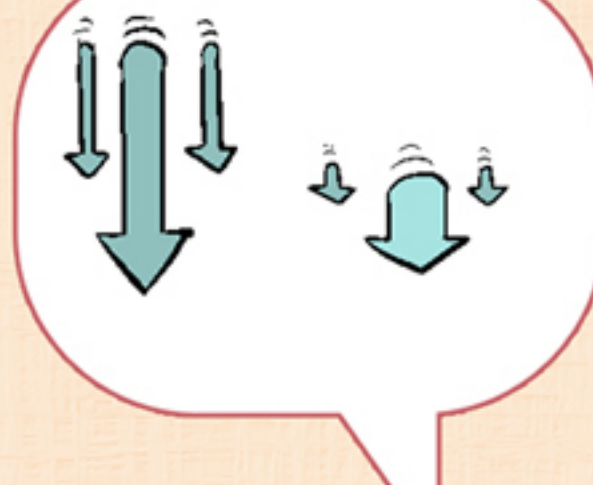


Breathe, Try to catch yourself if you are holding your breathe

### During the Massage, tell your Massage Therapist —



If you Become Too COLD or Too HOT



If the Massage Therapist Should use MORE Pressure, or LESS



If you would like them to move to a Different Area

Sources:

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