

What should I do during a massage?

Make yourself comfortable. Many people just close their eyes and relax completely during the session; others prefer to talk. It's your massage, and whatever feels natural for you is the best way to relax. Do not hesitate to ask questions at any time. If I need to adjust your position, I will either move you (for instance lift your arm) or I will tell you what is needed. Otherwise, change your position anytime to make yourself more comfortable.

What if I fall asleep?

It is not uncommon for many clients to fall asleep on the table during a massage. The warmth and release of tension relaxes them right to sleep - especially after a long day at work.