

Do I have to get undressed?

The most important thing for me is that you feel completely comfortable and relaxed. If you feel self-conscious or nervous because you've been asked to take your bra off when you didn't want to then the massage will not be as enjoyable or effective as it possibly could be. So, only undress to a level you are comfortable with, there is no pressure to undress any further than that.

The majority of the massage techniques I use are performed directly on the skin, this means I will ask you to remove those items of clothing that cover the area to be massaged. So for legs I would ask you to remove your trousers, dress or skirt. For back, neck and shoulders I would ask you to remove the upper part of your clothing.

I will always give you time on your own in the room to undress and also to get dressed again at the end of the treatment. I will always knock before entering the room and if you need more time you can just ask me to wait.

For women the question of whether to remove their bra is totally individual, I have many clients who do remove it and many who keep it on. It is often helpful to be able to unclasp it when working through the shoulder area but I will always ask you if this is ok.

Should you bring shorts?

Many clients who are sporty will bring shorts to wear during the treatment, this is fine if it is how you are most comfortable but it isn't actually the best for massage as shorts tend to be difficult to move out of the way when needing to reach some of the upper leg muscle attachments.

To get the best out of your massage I recommend you to wear as little as you are comfortable wearing. Small stretchy underwear, swimming bikini or for men speedo style swimming trunks are the best as they can be easily moved to reach muscle attachments but still protect your modesty.

You are given a large sheet to cover yourself when first getting on the table and this sheet is used to cover you for the whole treatment and only the body part being worked on is uncovered at any one time.