

What should I expect afterward?

When the massage is over, the therapist will leave the room so that you can get dressed in privacy. Massage and bodywork can be extremely relaxing, affecting all your body's systems so be sure to give yourself a several minutes to re-orient yourself before slowly getting up. The therapist will then give you a refreshment of choice we serve water or a selection of herbal teas.

After a session, most people feel extremely relaxed. Many experience freedom from aches and pains that have built up over weeks and months of tension or repetitive activity. After an initial period of feeling slowed down, clients often experience an increase in energy that can last for several days.