



Massage Health & Healing *Energies*, LLC

# Frequently Asked Questions

## 1. Why should I get a massage?

Massage can help with any of the following:

- **Stress** - Massage is one of the best-known cures for stress. It gives you energy and improves your general outlook.
- **Painful or tight muscles** - Massage can relieve both short-term cramps and habitual clenching or tightness.
- **Muscle soreness after exercise** - Buildup of waste products after exercise can leave you feeling sore and tired; massage (followed by plenty of fluids) can help flush out these toxic elements.
- **Pain or tingling in your arms or legs** - Muscle tension can press on nerves in the arms, hands and legs; massage can bring relief by releasing these chronic muscle spasms.
- **Injuries** - Injuries such as tendonitis and sprains can be helped, and help loosen scar tissue.
- **Forced inactivity effects** - Areas that need to be temporarily immobilized can be helped, directly or indirectly, by massage.
- **Headaches including migraines** – as Massage relieves stress and helps the body to relax, it is very effective in relieving both the frequency and intensity of headaches.
- **Athletics** - Chronic tension can impair performance and even lead to injury. Massage is great for pre-event warm-up, post-event cool-down and as part of your training routine. It will help flush out waste from your muscles and bring in oxygen & nutrients which will help the body recover and repair itself.

## 2. What happens during a massage?

At your first appointment, you will complete an intake form to gather information that will help determine a course of treatment. We will discuss any special concerns or areas that you would like your therapist to focus on. For this reason it is good to arrive 10 minutes early for your first visit.

He or she will then leave you in privacy to undress and lie down between the sheets on the massage table. When your therapist returns, he or she will position your body to make sure you are completely relaxed and comfortable.

During the massage, only the part of the body being worked on will be undraped. Modesty is always observed. Your therapist may need to move your arms or legs for a given stroke; relax; they don't need you to 'help' them. Feedback is welcomed, especially if anything is unpleasant or irritating.

When the massage is over, allow yourself a few minutes to absorb and enjoy the massage. Your therapist will leave you alone for a few minutes so that you can experience this in solitude and get dressed in privacy.

## 3. Do I undress completely?

Most clients undress completely as this allows the body to experience the feeling of wholeness that massage promotes and to receive the maximum benefit. However, massage is all about feeling safe and relaxed, so you should undress to whatever point you feel comfortable with. Genital areas are always covered and never *touched*.

Our goal at Massage Health & Healing *Energies*, LLC is to help you and your body heal from the daily stress and strain that today's lifestyle places on you.

## Frequently Asked Questions (Continued)

### 4. How do I prepare to receive your massage:

- Remove all jewelry and hair accessories.
- Eat lightly before a massage or wait at least one hour after eating.
- Avoid stimulants (caffeine, sugar, etc.)
- Refrain from any alcohol and/or drugs prior to a session.
- Come freshly showered, if possible.
- Ideally, have comfortable clothes to wear.

### 5. What if I fall asleep?

It is OK and natural to fall asleep during massage. Even if you feel you have 'missed' parts of it, you will take the benefits with you. Relax and enjoy.

### 6. Is massage sexual?

This is one of the questions or concerns of persons new to therapeutic massage. The catch phrase on this point, so there is no confusion, is that therapeutic massage is strictly *non-sexual*.

The practitioner-client relationship is a professional, healing one. Sexual *intention* is a violation of the bond of trust that is a prerequisite for true healing and is not tolerated.

### 7. Can massage hurt?

When we first press on a sore or extremely tight muscle area, there may be tenderness or soreness. As the massage therapist continues to work with the muscle tissue, fresh blood flows into the muscle area. This fresh blood helps "loosen" the muscle tissue and also helps bring nutrients and oxygen into the muscle. At this point, especially in a deep tissue massage, you will likely notice less soreness in the area. That all said, after a deep tissue massage, you may feel some muscle soreness a day or two afterward.

The massage process will cause the muscles to release toxic metabolic waste products (this is therapeutic). However, it can cause an aching feeling which is why it is important to drink

plenty of fluid following your massage, to help the system flush itself and avoid aching. Also, using an ice pack on the sore areas for 20 minutes on and 20 minutes off will help to ease the pain and increase the circulation to the area.

### 8. How often should I get a massage?

This varies with the individual. Usually, the longer a condition has been an issue, the more treatments that will be needed to make consistent gains. **Chronic conditions:** Don't go too long between treatments! **After all it took several months or years to cause this chronic condition and it surely will take more than an hour to relieve it.** Progress made during a treatment builds upon the progress that was made in a prior treatment. This means that if a client being treated for chronic back pain is coming twice a month and we're seeing positive results, if he stretches out the length of time between appointments to 8 weeks instead of our recommended 2 weeks, it may be like starting all over again. **Relaxation:** at least once a month for an hour or more, once every 2 weeks if you want to stay top condition. We have several clients that come once a week.

### 9. Why is drinking water after a massage so important?

One of the beneficial effects of massage is that toxic metabolic by-products are released from your muscle tissue into the system. Drinking plenty of water (one or two tall glasses) after a massage helps flush these waste products from your system; otherwise, they can re-accumulate causing soreness and stiffness.

### 10. How long do the effects last?

The physical and energetic effects of massage can continue for days, even weeks after you have received your massage. It is not uncommon to feel sore or achy for the first day or two and then feel fantastic for the next week and beyond. This is because the massage has begun a healing process in your body which continues to improve your body's health for days, weeks, after the massage is done.

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