



# Experience Holistics

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*Holistic Therapy Angels*

[www.experienceholistics.co.uk](http://www.experienceholistics.co.uk)



## Getting the most from your first massage

Allow up to 1½ hours for your visit and arrive 5 mins beforehand. Price includes consultation time.

### *In preparation for your massage*

If possible try not to eat a large meal right before your massage as food sitting in your stomach may make you uncomfortable. You may also want to try to restrict your caffeine and sugar intake before your appointment. These stimulants may make it difficult to relax. A warm shower prior to a massage will help you relax even more. If possible you may want to avoid shaving (legs, face, etc) immediately before a massage, especially if you are prone to nicks and slight bleeding. As your massage therapist I will not be able to work in any areas where there is blood or open wounds.

### *What to expect at your first massage*

#### *Health screening form:*

- Before your massage you will be asked to complete an assessment form (if you haven't already completed one). This form will help me tailor a session that will match your needs. Your health history form will also help me determine if you have any conditions that would rule out massage, due to health risks.

#### *Session Length:*

- Massage sessions are generally an hour in length for full body massage but can be shorter if requested – back, neck and shoulder massage usually requires ½ hour

#### *Privacy:*

- Clients are asked to remove as much clothing as they are comfortable with, usually to your underwear. I will leave the room for you to undress, get on the massage table and cover yourself with a towel and blanket in privacy. Before entering I will knock on the door to make sure you are ready. To respect personal privacy, provide adequate warmth, and promote professionalism you will be covered or draped with a sheet and/or blanket at all times so that only the part of the body being worked on is exposed.

#### *Your Needs:*

- Before and during the session make sure you communicate all your needs. Each person is different and has different likes and dislikes so make sure to let me know what will make you feel more comfortable. During the massage I will ask you for feedback making sure the pressure I am using is not too much or too little. At any time during the session make sure you report any discomfort, whether it is from the massage or due to any problems or distractions related to the environment, such as room temperature, face position, music volume, lighting, etc. Good communication enhances the massage session for yourself and the therapist.

**I hope you enjoy your time with Experience Holistics.**

Heather x