

First Massage Session?

What you should know before you go



- Please be on time, allow for parking and for filling out any intake forms
- You will be asked lots of questions – this helps create the best treatment session for you
- Clothing is removed to your level of comfort; you are securely draped at all times
- Please provide accurate health information. A special form will be provided.
- Don't be afraid to discuss any apprehensions or concerns.
- You have the right to stop the session
- Be as receptive and open to the process as possible. If you are not comfortable – please say something!
- Try not to eat heavily just before a massage session. If you have to then keep it as light as possible.
- Do not come to a session after having consumed alcohol or illegal drugs. Nancy has the right, by law, to refuse treatment
- Let Nancy know what your needs are for maximum comfort, temperature, music, lighting all effect the session
- Talking during session is your choice. Nancy will ask questions and check in to make sure the session is on task
- Pay attention to your breathing. It should always be effortless and smooth. Never hold your breath
- Be mindful of contracting your muscles during the session, please mention if pressure is not to your liking
- If your thoughts are not allowing you to relax, check in, there are ways to help relax a busy brain
- Do not rush off the table after the session
- Our bodies need water, it is recommended that you be hydrated in order for your session to be the best it can
- Try not to rush back in to a busy day post session, allow for some down time to absorb the work
- Massage has its greatest benefits over time. Please let your other medical practitioners know that you have added massage to your wellness plan
- Please let Nancy know well in advance if you need to cancel your session. Nancy knows “Life happens” but try to give a 24-hour notice. Same day cancellations may result in a \$40/hr. fee. No notice (no-show or call) will result in a 100% charge.

