



## Getting the Most from Your Massage

### **During your massage:**

Massage is a perfect opportunity to be mindful of your body, mind and emotions. While receiving your massage it can be helpful to take some deep breaths in through your nose and out through your mouth. Do this at the beginning of your session and any time you feel some discomfort.

It is essential that you let me know any changes you may need when you first become aware of them. You may need a change of pressure in a given area or overall. You may discover areas of discomfort or pain that you were not aware of until they are touched during the massage. Take note. Let me know if you want me to work in the area longer or not at all. Remember it is your massage and your body. You are in control your session. You may also request changes in repositioning, temperature, and music. If at any time you find you feel overwhelmed and need a break or need to stop the session that is your right.

### **After your massage:**

To help the effects of your massage last longer...

- Drink plenty of water after your session
- Limit your physical activity for the rest of your day
- Avoid stressful situations as much as possible for the rest of your day

During the next 24 to 48 hours you may experience some muscle aches similar to what you might have after a workout at the gym. This reaction is because massage is considered to be a passive work out for the body.

Taking some type of pain killer such as Advil, aspirin or if you prefer a homeopathic remedy such as Traumeel can help. Another approach would be to ice any area of discomfort.

Please contact me with any questions. Let me know how your body, mind and emotions responded in the time following your session.