

Massage FAQ

BENEFITS

Q. What are the potential benefits of receiving Massage services?

- Calms the nervous system
- Lowers blood pressure
- Reduces heart rate
- Slows respiration
- Reduces chronic pain
- Relieves muscle spasms
- Improves muscle/skin tone
- Increases flexibility
- Eliminates metabolic wastes
- Reduces mental stress
- Reduces anxiety
- Promotes healing
- Promotes better sleep
- Induces a state of relaxation

PRE-APPOINTMENT

Q. Are there any special considerations before receiving Massage?

A. Yes. There are certain age/life restrictions to consider prior to scheduling.

- **Maternity** services are available.
 - Please consult your doctor to ensure Maternity Massage is right for you. In general, massage during the first three months of pregnancy is not advised. In some cases, you may be asked to sign a consent stating your Physician has approved you to receive Maternity Massage. Massage can be especially beneficial to both mother and baby after the first trimester.
 - Contoured body cushions and other positioning techniques ensure safety and comfort throughout the massage.
 - Must select Maternity service online when booking, or inform the Guest Service Representative at booking.
- **Guests 16 and 17 years of age** may receive body services scheduled with a same sex therapist.
- **Contraindications** vary by service. Please see below to ensure you are suited for a particular service.

Q. Are there any other things I need to know before receiving a massage?

A. If you are under a doctor's care, it is advised that you consult with them before receiving a massage. If you have questions or concerns, talk to your therapist before your session. Until massage becomes a customary part of your overall wellness program, there will be areas of your body that carry a lot of tension. You may experience slight discomfort in these muscles that will go away within days after your massage.

Q. What should I wear?

A. Wear whatever is most comfortable and easy to change in and out of. Disrobing is to your comfort level and the Massage Therapist will ensure proper draping. If receiving multiple spa services, you may request use of a spa locker.

AVAILABLE MESSAGES

Q. What types of Messages are available?

- **Specific Need** is a targeted, efficient approach to focus on a specific or troublesome area for those who are short on time.
- **Relaxation** allows you to relax from head to toe. This massage will knead, stretch and pull tension from your entire body.
- **Deep Tissue** is a therapeutic massage perfect for those with chronic pain or injuries. Your therapist will work with you to customize a plan to best address your needs. Deep tissue massage has many recognized benefits; however, it may be slightly uncomfortable and localized bruising is common side effect.
- **Hot Stone** combines warmed basalt stones and the therapist's hands to manipulate your muscle tissue into a puddle of pure bliss. The heat from the stones move deep into the muscles, giving you the effects of a deeper massage without the deeper pressure.
Contraindications: pregnancy

POST-APPOINTMENT

Q. What are the Post Treatment recommendations?

A. Here are some top tips to maximize the benefits of your massage.

- Drinking plenty of water will help your body eliminate toxins dispelled from your muscles and will aid in reducing soreness.
- Avoid eating a large meal, alcohol or caffeine immediately following.
- Rest. Avoid strenuous activity or exercise immediately post treatment.
- Avoid taking a hot shower or bath immediately post treatment.
- Follow your practitioner's recommendations as your Massage Therapists may offer additional home care such as stretching, rolling, ice and heat to further promote the therapeutic benefits between appointments.