

# MASSAGE 101

Getting the most out of your massage.

## BEFORE

- Come in hydrated.
- Be as receptive and open to the massage process as possible.
- Be on time. If you arrive in a frenzied, rushed state, it may take longer to relax.
- Use the rest room, you want to avoid interruptions.
- Take off only as much clothing as you are comfortable with.
- Give accurate health information and let the therapist know your expectations and reason for the massage.
- If you have allergies we suggest you bring in your own lotion or oil.
- Privacy- The therapist will leave the room while you undress.
- Some people like to talk during a massage, while others remain silent.
- Tell your massage therapist what you prefer.

## DURING

- Breathing helps facilitate relaxation. When you hear your therapist breathing that is a cue for you to breathe.
- People often hold their breathe when they feel anxious or sensitive area is being massaged, often fighting the massage process, just breathe.
- Always speak up if the pressure is too light or too firm.
- Don't be afraid to discuss any concerns or questions that you may have.
- Your Sunflower is a professional dedicated to do his or her best to help you feel at ease.
- Focus on what you are feeling.
- Relax your mind and avoid your to-do-list in your head.
- Speak up if you are too hot or cold.
- This is your dedicated time for relaxation, it is important that you be as comfortable as possible.

## AFTER

- Drink extra water 24 hours after your massage.
- Don't get off the table too fast.
- It may take a little time to integrate or absorb the results of the massage session.
- Ask your Sunflower for any suggestions she/he may have for you.
- Be prepared to schedule several massage sessions.
- Massage has its greatest benefits over time.
- The therapeutic effects of massages are cumulative, so the more often you get them, the better you will feel and the more quickly your body will respond.
- From one session to the next, relaxation deepens as the chronic patterns of stress in the body are affected and released.
- If you're getting massage to address chronic muscular tension or recovery from a soft tissue injury, more than one session is usually needed.



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