

Soleil Spa

Massage & Bodywork



How to Receive a Massage

Receiving a massage can be an art form in itself. It is possible to have a bodywork session and miss a lot of the relaxation and therapeutic properties if you are uncomfortable, nervous, or it's your first massage and you don't know what to expect. Here are some simple guidelines that should increase your enjoyment and turn you into an expert in the art of receiving your most beneficial massage.

Gather Information

Ask what type of massage modalities are offered and what their purpose to the body is, then choose which one is best suited for you at this time.

When you show up for your first appointment, bring your completed brief health intake form. If form was not received prior to your appointment, please plan to arrive 15 minutes early to complete the form. This is necessary to ensure that massage will be safe for you and the intake form may provide the practitioner with additional useful background information for a more effective massage treatment.

YOU are in Control

You may not be an expert in body work techniques, but you are the expert in yourself. Therefore it is up to you to express your preferences in the type of massage received, depth of pressure, types of oils, lotions, scents, hydrotherapy and music. Also tell your therapist about the areas of your body which are injured, tense, or sore, and decide if you want to focus on any specific areas rather than the whole body.

Before the massage you and the practitioner discuss your preferences and goals for the day's session. It is important to establish good communication with your therapist. Never be afraid to tell your therapist that you need more or less pressure, a warmer or cooler environment, softer or louder music, or need to change your original plan. These comments are expected by your therapist and will have a direct effect on you getting the most out of your massage.

Attire

Wondering how far to get undressed is probably the most common question when receiving a massage. During the massage, to respect personal privacy and provide adequate warmth, your body will be covered with a sheet or blanket except for the area being massaged. It is recommended to receive a massage with the body completely unclothed. If this is not comfortable for you, undergarments may be worn, however, they may decrease the completeness of your massage. The practitioner will allow you privacy in the treatment room for undressing and laying down, and knock before re-entering to begin the massage. Massage may include: head, neck, arms, upper/lower back, abdomen, legs and feet.

Professional massage should be a safe and healing experience. Communicate to the practitioner immediately if you experience any pain, discomfort, uncomfortable pillowing or draping, or have concerns during the massage.

Breathe

Enjoy your chance to forget the static of the outside world and explore the inner world of your own thoughts. Focus on the sensations of touch and your responses, communicate to your therapist when necessary, but enjoy the tranquility of the experience before you.

At the end of the massage you tend to feel very relaxed. Many people fall asleep during a massage, an indication that the body and mind are releasing stress and tension. Even if you haven't fallen asleep you will be in a state of deep relaxation; enjoy it. Don't jump up right away, rest with your eyes closed and do a mental inventory of how your body is feeling, and stretch. Take some deep breaths and sit up slowly as your blood pressure has decreased as you relaxed.

Also make sure to drink plenty of liquids the day of and next day after massage. This will allow toxins released from muscle tissue to flush out of your body, extending the benefits of the massage.

Ideally you'll have scheduled an hour or two of free time after your bodywork session to enjoy your relaxed state, or schedule an appointment for the end of the day so you can surrender to the relaxation all evening.

Questions? Want to book your sessions? Contact us [here](#) or call 608-220-1113.

Soleil Spa **Massage & Bodywork**

Relieve . Retrain . Rebalance . Relax ~ Massage & Bodywork for Healthy Living

130 N. Main Street (inside Tan Lines Optional)

Oregon, WI 53575

Phone: 608-220-1113 or 608-835-2544

Info@Soleil-Spa.net