Where will my massage or bodywork session take place?

- Your massage or bodywork session will take place in your own home or at the office 525 N Cascade AVE. Colorado Springs, Co 80903
- Music may be played to help you relax. You will lie on a table especially designed for your comfort.

Must I be completely undressed?

- Most massage and bodywork techniques are traditionally performed with the client unclothed; however, it is entirely up to you what you want to wear. You should undress to your level of comfort. You will be properly draped during the entire session.

Will the practitioner be present when I undress?

- The practitioner will leave the room while you undress, relax onto the table, and cover yourself with a clean sheet or towel.

Will I be covered during the session?

- You will be properly draped, (**at all times**), to keep you warm and comfortable. Only the area being worked on will be exposed.

What parts of my body will be massaged?

- A typical full-body session will include work on your back, arms, legs, hips, feet, hands, neck, and shoulders. Work on the abdominal muscles, face and scalp are not uncommon, but communication will be used on when and why they should be used. If you have any questions or concerns, please talk to your therapist.

What will the massage, or bodywork feel like?

- Bodywork is uncomfortable at times, but not painful. Massage is more relaxing. I typically use both in a session depending on where you are at that day and what you are looking for. I adjust everything to your comfort level, and your abilities. I use a variety of bodywork styles and they are vastly different depending on the problem bringing you in. The majority of them are aggressive yet effective. You should communicate immediately if you feel any discomfort so that another approach may be taken.

Are there different kinds of massage and bodywork?

- There are numerous types of massage and bodywork; various techniques utilize different strokes, including basic rubbing strokes, rocking movement, posture and movement re-education, application of pressure to specific points, and more. We can discuss which methods may be most appropriate for you.

What should I do during the massage or bodywork session?

- Prior to the massage, feel free to ask any questions about the technique or the upcoming session. During the massage, make yourself comfortable. I will either gently move you or tell you what is needed throughout the session (such as lifting your arm). I will also inquire about things I find during the session. During a massage many people just close their eyes and completely relax, communicating if/when they need to adjust pressure or anything else relevant to the session.
- Bodywork is a lot more involved. Sometimes you will be stretching in one direction while I am working on you. Other times you will be resisting, or pushing against me, to get some of the work done. Everything will be communicated in session as it comes up.

How will I feel after the massage or bodywork session?

- Most experience freedom from long-term aches and pains developed from tension or repetitive activity. After an initial period of feeling sore, (think day after gym sore) people often experience increased energy, less pain, and greater productivity which can last for a week or more.

What are the benefits of massage and bodywork?

- Massage and bodywork can help release chronic muscular tension and pain, improve circulation, increase joint flexibility, reduce mental and physical fatigue and stress, promote faster healing of injured muscular tissue, improve posture, and reduce blood pressure. Massage and bodywork are also known to promote better sleep, improve concentration, reduce anxiety and create an overall sense of well-being.

Are there any medical conditions that would make massage or bodywork inadvisable?

- Yes. That's why it's imperative that, before you begin your session, the practitioner asks general health questions. It is very important that you inform the practitioner of any health problems or medications you are taking. If you are under a doctor's care, it is strongly advised that you receive a written recommendation for massage or

bodywork prior to any session. Depending on the condition, approval from your doctor may be required.

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