



# "I've Got Your Back!"

Kripalu Yoga Worcester, 128 Providence Street, Box 2, Worcester, MA 01604

## **Get the most out of your massage:**

- ***Be on time!***
- ***Be an active participant in the session!***
- ***Ask questions of your therapist!***
- ***Make your wishes known!***
- ***Let the therapist know if you are uncomfortable at any time!***

## **FAQs: (Frequently Asked Questions)**

**How will a massage feel?** It all depends on the style of massage the therapist prefers to use. Generally, a massage will start with lighter strokes or rocking in order to help the nervous system relax. Depending on the treatment, the appropriate pressure will be applied. It is important that the therapist and client have an open line of communication.

**What should I wear during the massage?** You may undress to your level of comfort. Some people undress completely for a full body massage. Your massage therapist will give you privacy to undress, and you will be covered with a sheet and blanket at all times except for the area being worked on.

**How will I feel after the massage?** You will feel relaxed, the massage can be soothing and muscular tension will be lessened. In addition, you may experience relief from aches and pains. Clients often experience a sense of well-being, heightened awareness, and greater productivity which can last for days.

**Any special instructions?** Drink water to keep hydrated for a day following your massage. Your therapist may give you instructions for self care to help you maintain your post massage condition. Doing your self care can lengthen the time between massage sessions for specific areas of tension.

**What can I expect for my first massage?**

- You will talk with your massage practitioner about your health in general and about anything currently happening in your body that massage might be able to help (e.g. tight shoulders, stiff neck, lower back pain, sore arms or calves, tension headaches, etc.) to help your therapist treat areas of your body with massage techniques to meet your current needs.
- You will receive your massage in a private room, in a space your practitioner has set up to maximize your relaxation and comfort. This should be a calm and peaceful place, where there will very likely be relaxing music playing in the background.
- You will be asked to undress to whatever degree is comfortable for you. Again, you will be doing this in a private space. You will be lying on a very comfortable table and you will be completely draped with a sheet during the entire time you are receiving the massage. Your practitioner will leave the room while you undress, and will give you a few minutes on the table to relax before he or she returns to begin the massage. Only one part of your body will be massaged at a time, and only that part (an arm, a leg, a foot, etc.) will be uncovered.
- An unscented lotion will be used during the massage. These lotions will usually be very light and any excess is removed, so you will be able to put your clothes back on without fear of staining them. If you prefer a different type of massage oil or creme, make sure to let your massage practitioner know.
- Remember, the time is yours. If at any time you become uncomfortable, your practitioner will stop. If you want extra work on a particular area, you may request it. If you prefer that an area of your body not be touched, you can request that as well. If you want to talk with your practitioner during the session, that's fine. If you want to close your eyes and relax in silence, that's fine too. You know your body and your needs best. Your practitioner will respond to whatever you feel is right for you.
- At the end of the session, your practitioner will tell you that your massage is complete, and will leave the room so you can get dressed. At this time, you will likely be in a deeply relaxed state, so you will be advised not to jump up too quickly from the table. Get dressed at a relaxed pace.

- Massage practitioners are aware that many clients experience some initial degree of shyness, nervousness, or anxiety over doing something new for the first time. Because of this, they strive to make your experience a calm, relaxing and peaceful one. Now that you know exactly what to expect, you can relax and enjoy your massage.

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