



Common Questions

I want to start by reminding you that this is your session, so please speak up and feel free to ask any questions you may have before, during and after the massage. I'm happy to make any adjustments from the amount of pressure, room or table temperature, supports, aromas or music.

What can I expect my first time?

Upon arriving for your first visit you will be asked to fill out a brief health history form. This form is used to discover any medical issues you might be experiencing as well as pertinent health information. It is important to be honest with your massage therapist, we are here to help. After your finish filling out the form we will spend about 10 minutes together to discuss the best course of therapy for you, this particular day. It is very important to list all health concerns and medications so we can adapt and adjust the session to your specific needs without causing harm. It is also important to list any allergies so the therapist is aware if he/she needs to use a different oil or lotion during the session.

Do I need to undress completely?

Ultimately, it is up to you what you choose to wear, and what you are most comfortable in. You can choose to be fully clothed, completely undressed, or anything in between. Your therapist will leave the room before your massage begins to give you time to change and position yourself under the sheet in private. Therapists are trained to properly cover your body to protect your modesty and theirs, and will only uncover one area of your body at a time during the session.

Will I be covered?

Yes, this is called draping and during your session you will be covered. Once you are undressed you will get under the covers provided on the massage table. The therapist will knock on the door to assure you're ready for them to enter. Once you're ready the massage will begin and only the body part being worked on will be uncovered. The genitals for both men and women as well as a woman's breasts will always remain covered. If you wish for your abdomen to be worked on a second drape will be used to cover your breasts and the main drape will be lowered to expose your abdomen.

Can I talk during the massage?

Absolutely, if you want to talk please feel free, if you care to "check-out" even better to relax. I want you to be as comfortable as possible

Will you be playing music?

Yes, a relaxing music will play through out your session, if you prefer for it to be silent please let me know.

What type of oil do you use?

I use various types of oils/ lotions, and use essential oils for clients who like it. For clients with allergies I have coconut oil and unscented lotions.

Is a massage safe for me?

If you have any serious medical concerns it is always best to ask your doctor. Part of my objective is to keep you safe, I want what is best for you, asking your doctor first is easy and can offer you piece of mind.

Is the building handicap accessible?

No, there is a flight of stairs to come down when entering through the upstairs entrance. The building is older and has no elevators.

Do you accept insurance?

No; however, Many FSA/ HSA approve massage in their programs, and a debit card or checks are provided to members for the purpose of paying for massage sessions. Also, I do provide receipts in the event that your insurance company/FSA/HSA offers reimbursement to you.

Please feel free to email or call with any questions or concerns not listed here. Thank you.