

# Massage Matters



## What do you need to know before coming for a massage?

- Massage Matters is a small and cosy salon based at the George Hotel in Dorchester-on-Thames. There are toilets in the George which you can use and you are also welcome to park at the rear of the hotel (through the archway).
- If you are experiencing any of the following, it would be wise to postpone the treatment – fevers, infectious diseases such as colds and flu, skin or scalp infections, acute migraines, recent head or neck injuries. If you are taking any medication for headaches or migraines, it would be better not to take it before the treatment as any symptoms may be masked. This could lead to discomfort later and may reduce longer term benefits.
- Try not to eat a heavy meal before the massage, and avoid alcohol – leave at least an hour after eating and the start of the treatment if you can. Lying down with a full stomach can be uncomfortable.
- Remove any jewellery before coming, particularly earrings and necklaces, and make-up. If you have long hair, it would be good to tie it up or bring a band with you.
- Please bring your completed consultation form (downloadable from website or included with gift vouchers). This helps me to understand any health issues you may have. Your initial appointment will include a 10-15 minute review of the form, which will not affect the treatment time.
- Come in comfortable, easy to put on, warm clothing. The salon is very warm so you will feel a difference in temperature when leaving, and to prolong the treatment benefits it is good to keep warm afterwards. For a full body massage women will only need to wear pants / knickers during the treatment and for men it is preferable to wear non-boxer short style underwear (Y fronts / briefs / trunks). You will be covered at all times with towels. I will leave the room whilst you are undressing and dressing.
- I will talk you through the massage routine and how we will adapt it to your needs. We will discuss what you would like to get out of the treatment.
- Just before the treatment it would be helpful to remove any hearing aids. I am actually very hard of hearing, and wear hearing aids so I apologise in advance if I have to ask you to repeat anything.
- Occasionally there are some deliveries to the hotel close to the salon. They are aware of the need to keep noise levels low, but sometimes there is unavoidable noise, but it never lasts very long.
- I provide clients with salon sandals to wear for hygiene purposes, you don't have to walk far in them as the salon is very small, but it helps to keep the salon clean and as you would like to find it for your treatment.
- Please switch off your mobile phone to avoid being disturbed during your treatment.
- If at any point you have questions, please do not hesitate to ask them before, during or after the treatment. And in particular if during the treatment you feel at all uncomfortable please do let me know, your relaxation and enjoyment of the massage is paramount. I want you to feel in control of the session and the outcome you receive.

Many thanks - Karen at Massage Matters