

Massage Matters



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

- 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.
- Remove any jewellery, 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.
- Ideally have a warm shower before the treatment, washing your hair and if possible avoid styling mousses or hairsprays. Using conditioner is a good idea however, as this can reduce static that might be created during the treatment.
- Please bring your completed consultation form (downloadable from website or included with gift vouchers). This will help me to understand any health issues you may have. Your initial appointment will include a 10-15 minute review of this form, which will not affect the treatment time.
- Come in comfortable and 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.
- 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.

Many thanks - Karen at Massage Matters

