



What Do You Want Out Of Your Session?

Make sure that the therapist understands the reason why you are getting a massage. If it is for relaxation, injuries or chronic muscle pain and tension. If you are new to massage, the therapist should be able to give you a general massage while showing you areas that are particularly tight and which you may want to address further in future sessions. Ask questions whenever you do not understand why the therapist is doing something or if you just want more information.

You Are In Control.

A therapist often needs guidance from the client to know if an area is being worked effectively or if the pressure is too much. Also, tell the therapist if the work that they are doing is particularly uncomfortable or if it is causing a substantial amount of pain. The amount of pressure will depend on the targeted tissue and the intention of the work being done. You will be helping the therapist to do a better job and they will appreciate the information.

Give Feedback!

After a massage, give the therapist feedback as to what you liked, disliked, and how well you feel the massage addressed your needs. The more feedback you give, the more the therapist can learn about improving your future sessions.