

Choosing the Right Session Length

30 Minutes

A 30-minute session is most useful for focusing on half of the body. A lot of clients use a 30-minute session to address general tension in upper body (from lower back up to the neck and head). If you have even moderate tension in these areas you may want to consider a 60-minute session to allow a deeper level of work.

60 Minutes

A 60-minute massage is the most common session length. It allows the therapist to perform a full body massage with a focus of either general relaxation or of minimal deep tissue work. If you want a substantial amount of deeper work in a number of areas, try focusing the session to just half of your body or to your most important issues. If you want a full body session with a substantial amount of deep tissue work, you may want to consider a 90-minute session.

90 Minutes

A 90-minute session may also be the best option if you are dealing with an extraordinary amount of tension in even a few areas of your body. A 90-minute session allows a therapist to more completely address intense muscular issues. It is the best option if you want a lot of deeper work and you also want a full body session. If you only want a relaxation massage with no deep work, then the 60-minute session is probably the better choice.