



WELCOME TO FLOAT AND FLY WELLNESS STUDIO

## **INFORMATION & SUGGESTIONS**

Your massage therapist will ask preliminary questions to determine your overall health and your health and wellness goals. This information help the massage therapist structure the session to achieve your health and wellness goals.

Prior to your massage, please remove contact lenses and all jewelry. Pull long hair back with a clip or band. • In general, massage is given while you are unclothed. However, you may choose to wear undergarments or a swimsuit. You will be covered with a top sheet throughout your session. This is your massage and you should be as comfortable as possible.

Certain types of massage (shiatsu, cranial sacral therapy, reflexology, Thai massage) require loose, comfortable clothing that allow for freedom of motion. • Feel free to ask your therapist any questions before, during, or after the session. Your therapist is a highly trained professional and will be happy to make you feel informed and comfortable

Music is available. If you find it distracting, tell your massage therapist. The same goes for talking during your session. If you're uncomfortable at any time, tell your massage therapist. The massage table is padded, and may have extra attachments or cushions, such as a face cradle, which allows you to lie face down without turning your head or neck.

### **Massage Therapy Session**

Massage therapists often use oil or lotion. If you're allergic to oils or lotions, tell your massage therapist beforehand.

If you're receiving hot stone massage, make sure you're comfortable with the temperature of the stones. Depending on your needs, the massage therapist will massage either the full body (except private areas) or only specific areas that need attention, such as especially tight muscles.

Remember to breathe normally. Table massage usually lasts between 30 and 90 minutes. After your massage, the massage therapist will allow you to slowly get up and get dressed in privacy.

### **Follow Up**

The benefits of massage are cumulative, so work with your massage therapist to customize a plan to meet your health and wellness goals.

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