

Blue Q Health & Wellness

QUESTIONS PERTAINING TO MASSAGE AND OUR SOFT TISSUE THERAPIES:

- It is OK if you would like treatment with the door open (just ask)
- It is OK if you would like treatment with clothing on (we may not be able to reach all areas but would rather you be comfortable)
 - Our mini massage (15 min) is clothing on typically 1-2 regions and done either sitting up at the massage chair or lying down on a table.
 - Our 30 min to 120 min sessions are typically done on the massage table with dress to your comfort but draping with the table linens is required and bottom undergarment left on. Some people prefer to wear a bathing suit or workout ware. Please ask if you have any questions.

During the massage:

- It is OK if you would like less pressure or more pressure during the session (you won't hurt our feelings)
- It is OK if you would like us to move on from a particular area or spend more time focusing on a particular region
- It is OK if you would like us to alter our technique

After the massage:

- Please be careful getting up quickly (some people experience temporary light headedness or dizziness)
- Be sure to hydrate by drinking water
- If sore use ice or other topical analgesics (it is not uncommon for the body to process the effects of the massage for up to 72hrs)
- If you have any questions, don't hesitate to call our office and speak with one of our therapists

We hope that you enjoy your treatment, feel AMAZING after, rebook with us, and tell others!

*If there is anything else that we can do here at blue Q Health and Wellness to make your treatment even better, please let our front desk know :)