

WHAT TO EXPECT IN YOUR FIRST FULL BODY MASSAGE

~The KYN Foot Spa Team~



Sometimes the best thing you can do is simply pause, breathe, and let yourself be cared for.



01 HOWDY, WELCOME!

Before we get started, your massage therapist will discuss your goals with you and anything you noted on your intake form — like any sore spots or areas that need extra focus.

02 THE "UNDRESS TO YOUR COMFORT LEVEL" MOMENT

You'll be led to a private room, and your therapist will step out to give you time to undress to the level that feels most comfortable for you. Professional draping is maintained at all times — only the area being worked on will be uncovered.

03 THE COZY SETUP

Once you're under the sheets and lying face down, it's normal to feel a little unsure at first, especially if it's your first massage. Let us know if you'd like extra pillows, sheets, or anything else to feel completely at ease.

04 PRESSURE CHECK

Your therapist will ask how the pressure feels during the massage. Saying "a bit more" or "a bit less" helps us tailor the session perfectly for you. This isn't a test of toughness — no heroics required!

05 RELAXATION PHASE

Your therapist will usually start with your back, then move to your shoulders, arms, legs, and feet. The flow may vary depending on what your body needs that day. This is your time to unwind — it's completely normal if you drift off or even fall asleep!

06 AFTER YOUR MASSAGE

Your therapist will step out so you can get dressed in privacy. Take your time — there's no rush. We'll meet you up front with water or light refreshments to help you rehydrate. Tips are appreciated if you enjoyed your experience!