

## *How to Receive a Massage*

Many people do not get the most out of a massage through the lack of knowing a few simple “*do & don'ts*”.

Keep this one thought in mind, “your only job is relax as completely as possible.” For those who find this hard to do, here are a couple simple techniques that may assist you.

*Hydrate* ~ arriving to your massage well hydrated is very important and should start at least 24 hours prior to your treatment. Toxins stored in muscles tissue and lymph vessels are metabolically and manually released back into the blood stream during and after your massage. Continue to assist your body in flushing these byproducts out of your body by continued hydration in the days following your massage.

*Breathe* ~ deeply and regularly, stressing the exhalation,

*Surrender* ~ allow your body to become heavy, sinking into the table, think “Rag doll”.

*Letting go* ~ when areas of tension are located by your therapist, consciously try to let go, relax and breathe deeply into these areas,

*Feel* ~ close your eyes, see with your sense of touch. Feel your body both inside and out. Gently guide your thoughts back to your body,

*Quite the mind* ~ talking for the most part can be distracting and should be kept at a minimal, however feedback is critical should any manipulations become uncomfortable, or if you would like your massage modified in any way,

*Give In* ~ if emotions surface do not be afraid to give them expression. Your body stores many emotions in the muscle tissues and at times during a treatment these emotions may surface and it is with **great** benefit to allow this process to happen. At the very least don't be afraid to sigh with relief or hum with pleasure,

*Enjoy* ~ your massage experience fully.