

Top 10 Questions that Massage Clients Have in Westchester

1. *How much do I tip? Tipping is always at your discretion. If you feel like your services were good, a 15%-20% tip is customary..*

2. *What if I am overweight and/or embarrassed about my body? Massage Therapists enjoy helping people of all shapes, sizes and age. Believe it or not, they do not judge you on your body. They are professionals, so relax and enjoy your massage. Other options are to ask your Massage Therapist to avoid the part of the body that you are self-conscious about. You can also opt to do types of massage that are done through clothing such as Shiatsu or Thai Massage.*

3. *What happens at a massage? When you arrive at the office or when the therapist arrives at your house (for an in-home massage), you will be asked to fill out a client intake form which gives the therapist information about yourself and your health history. You also can speak with your therapist to tell them if you have some sort of muscle/health issue going on with your body that they may be able to help with. Then the therapist will give you privacy to get undressed and get on the massage table. A sheet or towel is always provided for you to drape yourself under. The only part of your body that is ever undraped is the part of your body that the therapist is working on. Once you are on the table and under the drape, the therapist will come back into the room and start their work. There is nothing left for you to do except lay back, relax and enjoy. Once the massage is over the therapist will once again give you your privacy so you may get dressed.*

4. *Can I talk during a massage? Absolutely. Whatever makes you feel most comfortable and able to relax to the fullest. Talking makes some people feel more comfortable with the therapist. For others, being quiet and just letting their mind float freely makes them fall into a*

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state of deep relaxation quicker. Don't feel like you NEED to carry a conversation with the therapist. This is your treatment and they are used to some people talking and others relaxing in quiet. Reasons to speak up: If the room is too hot, cold, If you are in pain, and if you have any questions related to the massage.

5. What is the pressure is too deep or not deep enough? Speak up and let the therapist know. They will not be insulted. Everyone is so different as far as what pressure they like so it can only help a therapist to let them know your preference.

6. Is there anything I need to do to prepare for my session? Try not to eat a heavy meal at least an hour before a massage.

7. How do I know this is a legitimate massage therapist? First, you can ask for their credentials, license or certification. You can also ask if they offer therapeutic massage and if they require a health questionnaire.

8. Will the massage therapist be there when I undress? Massage therapists in the US will leave the room so that you can undress and lie on the table under a sheet or towel.

9. What if I drool? No worries. Many people relax so much that they are in and out of a dream state. It is very common to wake up and realize you have drooled. Ask your therapist for a tissue.

10. Will I be sore after my massage? It is possible. It may take a day or two for the soreness to go away. Just drink plenty of water after the massage and for the next day or two, and this will speed up the process. If you see any bruising or feel sore for more than two days, then the therapist probably used more pressure than was right for you. During your next massage, ask your therapist to use less pressure and see how your body reacts.