

## GENERAL QUESTIONS

### I've never had a professional massage - what should I expect?

- 👉 On your first visit, you will complete an intake form - asking questions about your general health, specific injuries and whether you are under a doctor's care.
- 👉 This is the time for you to ask any questions.
- 👉 The entire process should only take a few minutes.
- 👉 I will then give you instructions on how they want you on the table (face up/down etc.)
- 👉 I will be out of the room while you are changing.
- 👉 The massage room will be clean, private and quiet. Soft music will be playing, candles and aroma therapy to enhance your relaxation. If you don't want any of those things you are free to ask them to be changed.
- 👉 Also, each therapist likes to use a special oil or lotion. If you have something you like to use on your skin, bring it and they will be happy to use it.

### During the massage

If you are getting a massage for feel-good relaxation, there should be little or no talking. For deep tissue work the therapist will probably be checking in with you to make sure you are tolerating the work and to remind you to breathe and relax. I will sometimes use light conversation to distract my clients when I am doing very deep work.

As the client, you control the massage - talk / no talk, music / no music / different music, scents / no scents, and deeper / lighter. If you are in any way uncomfortable - **speak up**. Don't ever suffer in silence. Make your wishes known.

### Do I have to take my clothes off?

For any massage involving lotion or oil, yes, it is better if you be undressed but if you are uncomfortable please keep on whatever you wish. The breasts and genitals are **not** worked on during a massage. You should **never** be on the table without being covered by a sheet or towel. The only part of the body that should be exposed is the part the therapist is working on. When you turn over you should still be covered.

When the massage is over, the therapist will leave the room and allow you time to get up and get dressed before they come back into the room.

### What credentials or degrees should I look for when seeking a massage therapist?

You should seek out and use licensed therapists. Just because they are licensed does not mean they are good therapists. It does mean they have committed time, effort and money to learn their craft. Licensing in Shawnee requires fingerprinting so a background check can be done.

National certification for Therapeutic Massage and Bodywork or NCTMB is not currently required in Kansas.

Another thing you should look for is continuing education credits. It is required that 12 hours a year be taken for a massage therapist to stay current with new ways of working and to expand their knowledge of massage and the human body.

## What sort of training (and over how long a period) goes into these degrees and credentials?

In Kansas 500 hours of schooling is required for licensing. I attended Johnson County Community College and it is a two year program.

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|---|-------------------------|
| 👤 Human Anatomy & Physiology  | 👤 Communicable diseases |
| 👤 Kinesiology   | 👤 Aromatherapy          |
| 👤 Pathology   | 👤 Hydrotherapy          |
| 👤 Professional Business Practices & Ethics  | 👤 Body Mechanics        |
| 👤 CPR & First Aid   |                         |
| 👤 Various Bodywork classes: Swedish Massage, Reflexology, Esalen, Craniosacral Balancing, Asian, Chair Massage, Sports Massage, |                         |

## How do I find a massage therapist?

Of course, the best way is to get someone you know to refer their therapist to you. To get a list of massage therapists in your area, you can call:

### 👤 **Associated Bodywork Massage Professionals (ABMP)**

phone: 800.458.2267

e-mail: [expectmore@abmp.com](mailto:expectmore@abmp.com)

web site: [www.abmp.com](http://www.abmp.com)

### 👤 **American Massage Therapy Association (AMTA)**

phone: 847.864.0123 for the phone number of local chapter nearest you

e-mail: [info@inet.amtamassage.org](mailto:info@inet.amtamassage.org)

web site: [www.amtamassage.org](http://www.amtamassage.org)

👤 You can check the phone book or local publications. Unfortunately, prostitutes and escort services are still using massage as a cover for their businesses. If you see any of the following in an advertisement, just know you may not get the legitimate massage you are looking for:

- Discreet / confidential
- Beautiful girls / models
- Gentleman's choice
- Intimate
- Lunch time / afternoon special
- Will come to your hotel room 24 Hours
- Anything that talks about how the therapist looks

## How do I take care of myself after a massage?

You should drink plenty of water to flush the toxins out of your system. If you have access to a steam room or whirlpool, they are ideal ways to continue cleansing the system. If not, a hot shower followed by a soak bath is also a great follow-up.

For the 24 hours after a deep tissue massage you may feel a little sore or achy. This is a normal response - a lot of stuff gets stirred up and that feeling is a healing response. It should go away within 24 - 36 hours. Rest, healthy eating and fluids will help minimize the response.