

Massage Therapy

Massage Etiquette

What do I wear?

During a massage a client is never completely exposed. Draping techniques are used to expose only the muscle group that is being worked on. A client must feel completely comfortable to experience the full benefits of a massage, therefore it is up to the client to decide what amount of clothing should be worn during the session. Some clients feel most comfortable wearing running shorts or underwear.

What should I do prior to a massage?

Please arrive to a massage session clean. If you are following a great workout with a massage it is best to take a shower. To confirm the location of your massage show up 5 to 10 minutes before your scheduled appointment. This will allow for a brief introduction between you and the therapists and will not cut into your 60-minute massage.

What should I do during a massage?

The best thing to do is close your eyes, breath deeply and relax as much as possible.

Can I talk during a session?

Keeping a line of communication between you and the therapist is important. A client must feel comfortable in order to reap the full benefits of a massage. Being able to talk about your needs and sore spots is encouraged and allowed. As for conversation, that is up to the client.

What types of qualifications or licensure do massage therapists' need?

Each therapist has gone through comprehensive schooling at institutions, which have been accredited as Massage Therapy schools. Accreditations are given not only by the two leading international professional massage associations but also by the state of New York. A statewide licensure examination must be passed to receive the right to work in New York State as a Massage Therapist.

How often should I receive massage?

Frequency depends on activity levels and life style. Massage addresses emotional, physical and mental stress. The balance of all three is extremely important. A massage can help maintain balance and keep someone on the top of his or her game. Massage is cumulative so a massage schedule is more important than perhaps a holiday gift certificate.

Non-Members Welcomed.

For additional information, contact Debbie Kimbrough, LMT at (914) 733-4064.

Saw Mill Club

