

WHAT TO EXPECT FOR YOUR FIRST MASSAGE

Health History

A health history, as well as massage preferences, will be taken at your first session to determine how to best meet your needs. It is best to have this form filled out prior to your massage so your massage time is not shortened. A copy of this form can be printed from the UTSA's website.

Appointment Time

Please arrive at the massage room *(location of room) and be ready for your massage 5 minutes before your scheduled massage session. Promptness will ensure you receive the full scheduled massage.

What to Wear:

Robes are available downstairs in the locker room. You may either arrive at the massage therapy room dressed in a robe, or utilize the locker in the massage room.

Privacy and Propriety

Some clients prefer to remain partially clothed, while others prefer to be undressed. You will be fully respected at your level of comfort in undressing for a session. After the initial interview, you will be left alone to undress. You will then lie down under the sheet and blanket intended to cover and keep you warm. The therapist will always knock before re-entering the massage room. The sheet will only be removed from the specific areas for receiving work and the rest of the body will remain covered. All reproductive areas for male and female clients will always remain covered by the sheet. After the massage, the therapist will leave the room and give you a few minutes to get dressed in privacy.

YOU are always in charge of *each* moment of *each* session. The therapist wants the session to be as comfortable and as therapeutic for you as possible. They rely on You to tell them what works for you as well as what does not. For instance, you may want deeper pressure in certain areas or lighter pressure in others, or you may not want work done in a particular area that ordinarily you enjoy. Communication is the KEY to a great massage.