



## SO YOU NEVER HAD A MASSAGE, WHAT NOW!

Don't feel all alone! Did you know that 90% of American's haven't either?  
The following are questions and answers for anyone interested in massage

### *How do I choose a therapist?*

The best way is by recommendation from a friend, relative, physician, or personal interview. If you choose a personal interview, ask about his/her licensing, education, how much? Ask about their experience in general and also about any specific needs you have, and finally, go see their facility. Trust your instincts, if you do not feel comfortable then say so and if necessary, leave the facility.

### *Which type of massage is right for me?*

There are many types of massage available. In fact there are over 225 different types of massage. To determine which is right for you will take a little research on your part. Ask your physician, if they are referring, read about each type online, discuss with your therapist which type will be right you and why. Your condition could determine which massage type is right for you. I will discuss this in more detail at a later date.

### *Does massage really work or is it just a sexual thing?*

Massage therapy has been around for over 5000 years, mainly practiced in Asia and later in Europe . Massage therapy actually affects your body by moving muscle waste, called lactic acid, out of your muscle fibers relieving you of aching muscles, muscle spasms, and in general, body pain. Lactic Acid is created by the movement of your muscles, even while breathing, so sitting still does not insure no lactic acid build-up. Just like changing the oil in your car whether you drive it or not, massage is a necessary preventative treatment to reduce swelling, stiffness, aches, numbing, and tingling throughout your body. In fact, in Germany , massage therapists are required to have 3-4 years of education plus 1 year of hospital internship prior to being licensed. In the United States , physicians are referring more and more chronic pain sufferers to massage therapist to reduce their pain instead of prescribing drugs.

### *Is it necessary to get totally nude? How do I know if I am safe?*

Initially, if you feel comfortable enough you may undress to your underwear for men and panties and bra for women. As your comfort level grows you may leave only your underwear or totally undress for your massage. If you trust the therapist, but feel uncomfortable being nude under a sheet, then discuss this with your therapist so they will understand and can start your massage sessions with you fully dressed. If a therapist refuses then you should leave immediately. At any stage you are in, you will always be covered by a sheet and the only areas that will be exposed at the body parts they are massaging. Women's breasts and any genital areas MUST NEVER BE EXPOSED! Not all massage is relaxing like you see on television. Swedish massage is the most relaxing, however if you suffering from stiff, tired, achy muscles your massage, initially may be a little painful. Don't worry though, by the end of the massage you will feel 100% better and ready for your next appointment.

**So go out and get a massage and START ON THE ROAD TO PAIN-FREE LIVING!**