

FAQ's



Does Massage Therapy hurt?

Massage Therapy does not need to hurt to be effective. Some discomfort may be felt, but it should not become unbearable. Certain areas in a person's body will be more sensitive than others, especially if an injury is involved such as a car accident or sports injury. The therapist will be checking in with the person receiving the massage from time to time regarding the pressure but it is up to the person on the table to let the therapist know if the pressure becomes too much at any point. That way, adjustments can be made and the massage can be comfortable and yet still effective.

What do I have to take off for my massage?

This depends on the area being treated. In general, all Massage Therapists are taught techniques to drape the body using linens that protect the client's privacy. Only the area being worked on is uncovered at a time. If the client is uncomfortable with anything the therapist is doing, they need only voice his or her concerns and the therapist will change or stop what they are doing. Although massage directly on bare skin is typically more effective, it is also possible to have a good massage through one's clothes. It depends solely on the comfort level of the client.

What can one expect after a massage?

Hopefully, after a massage one would feel calm and relaxed, with a greater ease of movement and a decrease in pain. There can, however, be some undesired effects that may occur during the treatment or in the following day. These reactions depend on a variety of factors that include the severity of the condition and length of time one has had it. These may include weakness, fatigue, soreness and headaches. These reactions (sometimes referred to as a 'massage hangover') typically last between 24-48 hours after the first few initial treatments. The therapist will inform you of the best way to deal with such symptoms after the massage should they occur.

Why does my Massage Therapist always tell me to drink water after a massage?

Staying well hydrated is an important part of maintaining good health at any time. It allows the body's systems to work more efficiently. During a massage, toxins that are stored by our muscles can be released. By drinking a lot of water, circulation and elimination of these toxins are improved. This can help decrease or eliminate the side effects of massage.

What does my Therapist mean by "toxins"?

Toxins are metabolic wastes that are produced on a daily basis. The most commonly known is lactic acid, the compound formed during aerobic respiration. It is lactic acid that causes stiffness and pain after a strenuous work out or activity. When one's body is in top physical shape, these metabolic wastes are processed by the body at the same rate they are produced. If this balance does not exist, the waste is deposited in the muscles until the body can flush it out. (This is one reason why one can be stiff and sore for a few days after the activity)

Is Massage Therapy covered by my extended health care plan?

Every extended health care plan is different. Many do cover massage therapy treatments that have been provided by a Registered Massage Therapist. To find out if you are covered, a simple phone call to the insurance company can let you know. It is also important to ask if there are any other requirements for coverage, such as a prescription from a medical doctor.