



FAQ Full Body Massage Therapy Services

1. Can I drink alcohol before a massage?

Massage is relaxing. Drinking can be relaxing, too. But drinking and massage don't mix for a number of reasons. Massage stimulates circulation throughout the body which can enhance the effects of alcohol rapidly even when consumed in small or moderate amounts. Alcohol acts as a diuretic dehydrating the body making muscle fibers resistant or impossible to release. Alcohol can numb nerve endings giving a false perception pressure used during the massage is comfortable and hours or even days later severe soreness can present due to overly aggressive soft tissue manipulation. These are just a few examples why it's best to follow the rule of first massage, then alcohol – never vice versa.

2. What should I wear to my massage?

It is best to wear something comfortable you can easily undress and redress in. We recommend not wearing any new, professional, or expensive clothing as some lotion or oil residue on the skin after massage can potentially leave stains.

3. Do I have to get undressed to receive a massage?

We recommend when receiving full body services to remove all clothing prior to the start of your session. Your therapist will step out of the treatment room to give you privacy and knock before they come in to ensure you are ready. The technique "draping" is used to uncover only the areas agreed upon prior to the start of the session and all personal areas remain covered and never exposed. Nude massage without draping is strictly forbidden at Massage Smart LLC. **We encourage you to ask further questions at your session with your therapist and keep clothing items of your choice on if you are uncomfortable otherwise.**

4. Can I work out after my massage?

We recommend keeping a low activity level for 24 hours after your massage. Your muscles have been lengthened and relaxed and asking them to function at higher intensity levels such as exercise increases your risk of injury as they may have slower reaction times, or you may have increased mobility you are not accustomed to.

5. How often should I receive a massage?

Several factors to consider when choosing how often to receive massage therapy care. Your daily activity level, inactivity level, sleep patterns, daily stress levels, current self care regimen, and what goals you want to achieve by receiving massage therapy. Talk with your massage therapist at your next appointment for their best recommendations.



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6. How long should my massage be?

Longer than 60 minutes is ideal as it takes the first 20 minutes for your body to fully relax (that's almost half your massage!). As a general rule the less often you receive massage, sustain from self care at home, or have high stress the longer your session should be to receive maximum results and benefits.

7. Is it rude to fall asleep during a massage?

It's not normally considered polite to fall asleep when you have guests. But when you're getting a massage, falling asleep is a compliment to your massage therapist. We take snoring as a compliment!

8. Can I get a massage while pregnant?

Massage during pregnancy (commonly called prenatal massage) is a great way to ease the aches and pains of carrying a baby and the constant changes your body will undergo throughout your pregnancy. That said, take precautions. Make sure your massage therapist is a certified prenatal therapist (this means they have received additional hands on training in addition to completing their state approved massage therapy training at an accredited school). While there are varying opinions on prenatal massage therapy protocol **Massage Smart LLC requires all prenatal guests to be past their first trimester and receive a written doctor's note it is safe to receive massage and no high risks to the guest or baby are present.**

9. Can massage help me lose weight?

Massage obviously isn't a substitute for healthy eating and exercise, but it can lower levels of cortisol, the stress-eating hormone. High levels of cortisol make weight gain more likely. So in effect, yes, massage can help you on your weight loss journey.

10. Can massages help headaches and migraines?

Getting rid of headaches doesn't have to mean taking pills! Massage is just one natural remedy that can cure your headaches and even migraines. Oftentimes a headache is merely a symptom of another underlying condition, such as but not limited to, dehydration, tension of the upper back and shoulder muscles, extensive computer or screen time, and prolonged periods of increased stress levels. **Always be sure to consult your primary care physician for proper treatment and proper diagnosis.**

11. Are massages covered by my insurance or tax deductible?

If you live in the United States and you want to use your insurance or deduct the cost of massages from your taxes, you may have some options. Check with your insurance carrier, primary healthcare provider, and/or accountant to learn what benefits are available to you.