



Harmony Farm

WHAT TO EXPECT DURING YOUR MASSAGE VISIT

GENERAL HEALTH FORM

On your first visit, your massage therapist will ask you to complete a general health questionnaire that can be referred to for all future visits. He or she will also review any information from any referring practitioners. At this time you should also let your therapist know what type of massage you are most interested in receiving.

CONDITION ASSESSMENT

Your massage therapist will then assess your condition and goals for this session to determine the best approach for your massage. Your therapist may suggest a series of massages along with the appropriate frequency.

MASSAGE

You will be brought to a comfortable massage room that is heated or cooled for your comfort, depending on the season. Treatment is given to the client on an elevated massage table with plenty of warm blankets.

POST MASSAGE

After the massage, you will have a few minutes to relax and integrate the bodywork that has been completed. After a time, you will get dressed and meet your massage therapist outside of the room. Be sure to drink plenty of fluids after your massage to continue to flush toxins from your body.