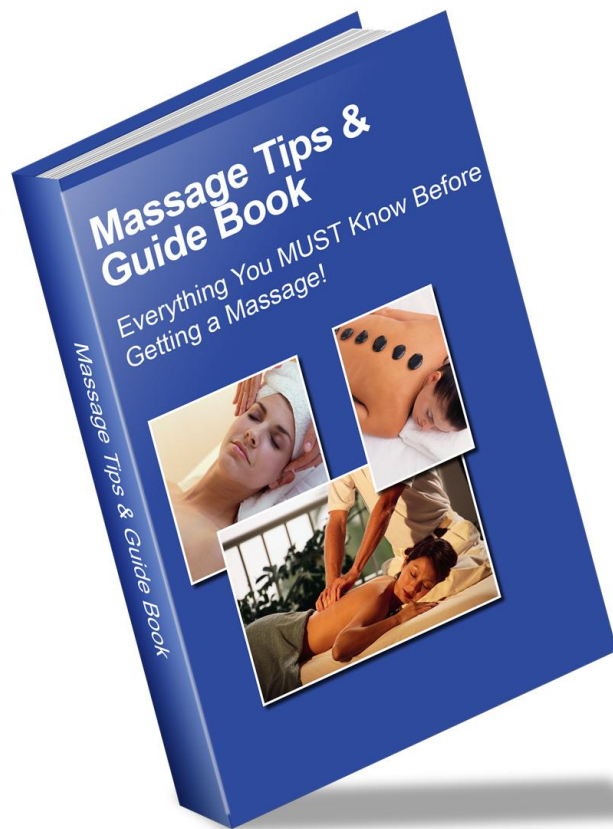


# Massage Tips & Guide Book

Everything You *MUST* Know  
Before Getting a Massage!



**NOTICE: You Do NOT Have the Right to  
Reprint or Resell this Report!**

**You Also MAY NOT Give Away,  
Sell or Share the Content Herein**

If you obtained this ebook from anywhere other than our website, you have a pirated copy.

Please help stop Internet crime by reporting this to us at our website.

© 2010 Our Website. ALL RIGHTS RESERVED. No part of this report may be reproduced or transmitted in any form whatsoever, electronic, or mechanical, including photocopying, recording, or by any informational storage or retrieval system without the expressed written, dated and signed permission from the author.

**LIMITS OF LIABILITY / DISCLAIMER OF WARRANTY:**

The author and publisher of this book have used their best efforts in preparing this material. The author and publisher make no representation or warranties with respect to the accuracy, applicability, fitness, or completeness of the contents of this program. They disclaim any warranties (expressed or implied), merchantability, or fitness for any particular purpose. The author and publisher shall in no event be held liable for any loss or other damages, including but not limited to special, incidental, consequential, or other damages. As always, the advice of a competent legal, tax, accounting or other professional should be sought.

This manual contains material protected under International and Federal Copyright laws and Treaties. Any unauthorized reprint or use of this material is prohibited.

# Introduction

Are you stressed out or tense? Do you often feel pain in your shoulders, neck, or back because these areas always seem to be so tight? Or have you injured yourself and feel as though the sore muscles could use some relaxing? If any of these things are true for you, you may have considered getting a massage at some point.

Or, maybe you've just heard about how relaxing and refreshing massages can be and have thought about trying the service out. But, how does one go about getting a massage? And do you need to know anything before you get a massage?

How you get one is up to you, but there are a few ways to go about it, which this report will outline for you. And you don't really need to know anything, except maybe for a little bit about the area that's sore. A good massage therapist or perhaps a doctor will be able to give you any information and advice about the different types of massage that you might benefit most from.

However, it doesn't hurt to be armed with a little bit of information yourself, so that you can make a more informed decision. And, lots of people who are thinking about getting a massage and have never gotten one before have lots of questions. Do you need to undress? Do you need to tip? Should you get a massage from someone of the opposite sex?

There's actually quite a bit to know about getting a massage and the more you know, the more comfortable you'll be during your massage. And after, isn't being comfortable *really* what massages are all about?

# What is Massage Therapy?

Massage therapy is the use of massage to relax, repair, and heal damaged muscles and connective tissue. The therapy involves manipulating different points on the body with pressure. The motion used can be stationary or involve movement, can be done manually or with different devices, and can be structured or unstructured. The areas of focus during a massage are usually muscles, ligaments, joints, tendons, and connective tissues.

The word 'massage' has many different meanings. From the French word 'massage', it means "friction of kneading"; while the meaning from the Arabic word means "to touch, feel, or handle."

Many people think that massage therapy has long been used by the rich and famous as a quite leisurely way to relax and unwind; and that it's just now being found to have real medical benefits. Truthfully, massage therapy was first used as a medicinal treatment long before it was ever used as a relaxing way to pass time. In fact, massage therapy was used to heal physical ailments in medieval and ancient times.

# The Benefits of Massage Therapy

So okay, you'll definitely feel more relaxed during a massage and maybe even for a short time after. But what are the actual benefits that come with massage therapy?

## **Promotes Better Pain Management**

Because massage can work deep into tissues and joints, it's a great option in pain management. Massage therapy has been shown to be especially effective on conditions such as arthritis, which affects the joints. Massage therapy can restore movement to joints and can calm inflamed muscles. This form of therapy is definitely better for pain management than other forms of treatment that include medications!

## **Boosts the Immune System**

Studies have shown that massage therapy can increase a person's serotonin levels, which the immune system relies on to fight against infections and colds. Because the serotonin levels will be regularly increased, you'll be better safeguarded against colds and other sicknesses.

## **Increased Flexibility**

Regular massages can increase flexibility because of the mobility that they restore to joints. This allows them to move easier and more freely and increases flexibility. Also, because muscles are soothed and relaxed by regular massages, they will also be more flexible and less prone to injury.

## **Improve Blood Circulation**

Because muscles are massaged and stroked, the blood flow moves around more quickly as the circulation is stimulated. Improved blood circulation can help ward off many different ailments as it improves overall health.

# The Different Types of Massage

So you know about all the different benefits that a good massage can bring. But what type of massage is best for you? What type of massage is best for you will depend on why you need the massage. If you have an actual medical condition that requires massage for treatment, the type you get will differ greatly from one that you get solely for leisurely purposes.

There are many different types of massages - probably hundreds if not thousands if you were to cover every single for getting a massage, from rehabilitative to relaxation. When trying to decide which type of massage to get, you can narrow your choices down by looking at the most common forms of massage that are offered by most massage therapists. Here's a list of those most commonly found, and what they're best used for.

## Swedish Massage

Even though this type of massage sounds exotic, it's the most common type of massage given in the United States. Swedish massage has become so common actually that it's now commonly referred to simply as 'massage therapy.'

With this type of massage, the therapist will use long, smooth strokes in combination with kneading and circular movements on the outer-most layer of muscle. Oils and lotions are also used in order to aid in the massage process. If you've never had a massage before, the Swedish massage is a great one to start with!

## Aromatherapy Massage

An aromatherapy therapy massage is a Swedish massage with the oils being replaced by aromatherapy oils. These oils can greatly add to the benefit of getting a massage as they can help to heal both the body and the mind.

## Back Massage

The basic back massage is becoming very popular for spas and salons to offer 30-minute massages, sometimes even on a walk-in basis. If the spa or salon near you doesn't specifically offer back massages, ask for a general massage with a focus on the back.

## **Deep Tissue Massage**

Just as the name suggests, a deep tissue massage goes deep into muscles and connective tissues. In deep tissue massage, the therapist will use broad, slow strokes or tools for friction across the grain of the muscles.

This type of massage is best for those who chronically suffer from sore or tight muscles, while recovering from injury, placing muscles under constant strain, or those who suffer from posture problems. Deep tissue massage is very intense, and usually cannot be done more than once every couple of weeks. A person is also often sore for a day or two after receiving a deep tissue massage.

## **Hot Stone Massage**

The hot stone massage has become incredibly popular thanks to different resorts and spas. But this type of massage also has many benefits of its own. During this massage, hot rocks are placed on strategic points of the body in order to loosen tight muscles. The rocks are then left on until they are cool, and the massage therapist will also sometimes apply gentle pressure to the rocks to further relax muscle tissue.

This type of massage is great for people who suffer from tight, sore muscles but don't want a vigorous massage such as a Swedish or deep tissue massage. While the rocks are hot, they are also warm and comfortable against anybody's skin.

## **Shiatsu**

Many people are hesitant about shiatsu massage until they try it and are pleasantly surprised. This massage works differently than other types of massages. Instead of using long, smooth strokes, the massage therapist will hold certain pressure points for different intervals of time. Starting with one pressure point, they will hold that area with their fingertips for two to eight seconds before moving onto another pressure point.

Shiatsu is a very firm massage, yet very gentle at the same time. The purpose is to restore the flow of energy and balance in the body. There is generally no soreness afterwards.

## **Thai Massage**

A Thai massage is very different from other forms of massages. With this type, you don't simply lie on a massage table and allow the therapist to rub and knead all your troubles away. Instead,

the therapist will move your arms, legs, hands, feet, and head in certain positions and have you hold them for several seconds.

They are usually different posture exercises and still don't require any work on your part. But your body will be moving, unlike with other types of massage. Thai massage is also known to be much more energizing and invigorating than other types of massage, which are usually more for relaxation purposes.

## **Sports Massage**

Sports massage isn't only good for athletes when they are injured, but also when they are training or just want to keep their muscles, ligaments, and tissues limber and flexible.

The focus is on preventing injury rather than relaxing and soothing muscles. Sports massages aren't just for athletes either; people who work out regularly or are very active will also find that they benefit from a sports massage.

## **Prenatal Massage**

These massages, given to expectant mothers to relieve stress, reduce swelling and bloating, reduce depression and anxiety, and to treat aches and pains, are becoming more and more popular today.

Many pregnant women wonder if it is safe to get a massage while you are pregnant and yes, generally it is. However, there are some situations, such as high-risk pregnancies, where prenatal massage may not be recommended. Any woman who is considering a prenatal massage should always check with her doctor before getting one.

A massage therapist also needs to be specially trained to give prenatal massages. If you are thinking about a prenatal massage, always make sure that the therapist is certified specifically in giving prenatal massages.

## **Reflexology**

Reflexology was once thought of as just being a foot massage but people today are beginning to realize the many benefits that comes with reflexology. With this type of massage, a therapist will use pressure points on the feet and apply pressure to them for several seconds at a time.

These pressure points are associated with different organs and muscles in the body and so can greatly relieve and relax them. Reflexology massages are also known to be especially great for people who suffer from tired, sore feet as the gentle rub and prodding action will ease away aches and pains.

# How to Find a Good Massage Therapist

So now the time has come to stop thinking about getting a massage and to actually get one! First, you have to find a massage therapist. Luckily, it's relatively easy to do that! There are a few things to pay attention to, such as whether or not a massage therapist is licensed, but largely, finding the right massage therapist for you is largely a matter of just finding the one that you like the best and feel the most comfortable around!

A good place to start your search for a massage therapist is by word of mouth, and asking your doctor, especially if the massage is due to another injury or condition. If you have friends who regularly get massages, or have recently gotten one, ask them who their massage therapist was and what they did and didn't like about them. This will give you a few names to start with, which is a good start.

Other good places to start looking for a massage therapist are in your local Yellow Pages and online. Both of these places will give you some names of massage therapists in your area, which you can then investigate further. One of the advantages that you have when looking for a massage therapist is that it's becoming a huge business and so people are advertising their services all the time.

Because of this, a search in your local newspaper might also yield some results. Of course, you'll still always have to make sure that any massage therapist you use is still licensed and certified but again, this will add to your list of names.

A little-known resource for finding a good massage therapist is in local colleges and schools that are training future massage therapists. These programs offer services at lower prices because the person performing your massage doesn't actually yet have their diploma. Keep in mind that this will also mean that they are not licensed and if this concerns you, find someone who has already set up a professional practice.

However, these students are very well qualified and are offering these services so that they can gain credit to earn their diploma. This often also means that there is a qualified, licensed massage therapist in the room that will redirect and guide when needed. It's also worth mentioning that many people start using these programs offered by schools and continue to

use their therapist after they've received their diploma because they're so comfortable and happy with them.

Once you've compiled a good list of names, start talking to the different massage therapists. The first question you should always ask is whether or not they are licensed. If they are not, cross them off your list immediately.

The exception of course is if you are getting a massage through a massage school and only then if you're comfortable with it. Once you have a list of licensed massage therapists, you can then schedule a time when you can visit their office or clinic and speak to them.

You may or may not wish to book your first massage appointment for the same time or directly after your first meeting with the massage therapist. You may not choose to if you want to go home and think about your rapport with the therapist, as well as their response to your questions.

If you don't want to book a massage at that same time, but would like to get a real feeling of what you could expect from the massage, you could ask the massage therapist for a brief ten-minute massage. This won't take too much of their time and because they know it's a potential long-time client that's asking, they should be more than happy to do it.

# Here are a few of the questions you can ask while you're there:

## **Are you licensed or certified to operate in the state?**

Contrary to popular belief, being licensed and being certified in massage therapy are two different things. A certified massage therapist has attended a private organization and met certain criteria, such as a certain number of school or practical hours, to become licensed as a massage therapist.

This certification gives the therapist accreditation so that their clients can know that they are dealing with a professional. However, it's important to note that these are private organizations that certify students, once the student has passed their criteria.

A licensed massage therapist on the other hand, has been licensed by the legislative government to practice massage therapy in that state. Some states require that all massage therapists be licensed, but some do not so be sure to check with your own state's regulations. Becoming licensed as a massage therapist is more difficult and requires more time, both in-class and through a certain number of hands-on therapy hours.

## **Do you have malpractice insurance?**

Although it may not be the most comfortable question, it's an absolutely necessary one. If anything should go wrong with your massage, you want to know that the therapist is covered. In addition, genuine and thorough malpractice insurance can also speak to the professionalism of the massage clinic.

## **What type of experience do you have?**

Remember that a massage therapist that has been in business for fifteen years is not necessarily better for you than one that's only been in business for one. Of course you want to ask how many years they've actually been practicing, but you also want to ask about how much experience they have in different types of massages. Your massage needs may change and you don't want to have to find another massage therapist just because yours isn't well-versed in a certain type of massage that you need.

Of course, also make sure that the massage therapist is extremely knowledgeable in the type of massage you need on that first visit.

### **When did you open this business?**

This isn't a 'make it or break it' question. Just like the amount of experience, just because a massage clinic just opened doesn't mean it's bad. Still, it's always reassuring to know when a business has been serving happy customers for a long time.

### **What type of massage do you recommend for me? How many sessions will I need?**

It's important to discuss the specific reasons why you want to see a massage therapist in the first place. Did you injure yourself? Do you chronically suffer from back pain? Are you always tense? Based on your answers, the massage therapist should be able to give you a detailed plan of what type of massage is best for you. Based on this, they will also be able to tell you whether you need massage therapy for the short-term, or whether you'd benefit from regular treatments.

### **How much will the massage cost me?**

This *is* an important question for obvious reasons. You need to be able to feel comfortable talking with the massage therapist about the cost associated with getting the massage. Otherwise, how are you going to feel comfortable enough to let them massage you? You need to know what you can afford and the therapist may also have some suggestions as to how you can lower the costs, such as through medical insurance. Also keep in mind that in the United States, the national average for an hour-long massage is \$60. It is of course, higher and lower in some areas.

### **Are massages covered by health insurance?**

This is a very common question that people ask and unfortunately, there's no one answer. It depends completely on the health insurance company and your policy. Usually when health insurance companies do cover some or all of the costs, they will require a doctor's note before doing so.

An interesting place where you might also find some coverage is in your auto insurance policy. Often, these insurance companies will cover the cost of the massage if you need one due to an auto accident and have a note or prescription from a doctor requiring one.

### **What will I feel like after my massage?**

Some massages may cause soreness and it's important that you know this before you get it.

# Some Embarrassing (And Extremely Common) Massage Questions

Now that you've asked the therapist all the questions you've thought of, you may still be left asking yourself some questions. Most people who have not gone for a massage before have tons of questions regarding what will happen, and what's true versus what they've seen on TV.

Do you really need to get naked? What if the therapist is the opposite sex? These questions can be uncomfortable, sure – but they're not uncommon. Still, here are the answers so that you don't *actually* have to ask anybody!

## **How much do I tip my massage therapist?**

This is one of the most common questions and unfortunately, there's no real answer. If you're getting the massage at a spa or resort, it's standard to tip anywhere from 15% - 20%. Remember though that as with any tip, this is only if you were happy with their services.

Many medical and clinical settings think that it's inappropriate for people to tip for their massage. If you're not sure how it works at your particular location, call a day or two before your appointment. Then you can do it anonymously!

## **Do I need to get completely naked during my massage?**

Again, it's up to you. Many people find that they are most comfortable completely disrobing for a massage while others feel more at ease keeping their underwear on. Keep in mind that you will probably have to undress up to that point though so that the massage therapist can give you a proper and thorough massage.

There are still a few things to keep in mind even though. Firstly, always make sure that the therapist leaves the room and allows you to undress. All of them will but you need to be informed that you don't need to do this while they're in the room.

It's also important to note that whether you are partially or fully undressed, a massage therapist is required to cover up any unclothed areas with a sheet or towel and to only remove the covering when that part is being worked on.

## **What if I fall asleep during my massage?**

Massages are incredibly relaxing – that’s usually the point! Many people get so comfortable that they fall asleep during it. There’s no need to be embarrassed – even if you’ve drooled a little bit on the sheet under your head. Massage therapists are very accustomed to this and actually take it as a sign that they did their job well!

## **Should I speak to the therapist during my massage?**

Again, it’s totally up to you. Some people like to engage with their massage therapist, especially if they see them on a regular basis and have a very friendly relationship with them. But you don’t need to feel obligated to get chatty during your massage either. Much of the point is to just relax, and ‘be.’ Massage therapists also recognize this and respect it.

## **How do I know if it’s a legitimate massage clinic?**

This is thinking that unfortunately, does come from watching too many movies and TV shows. Although there are some seedy and exotic massage parlours out there, most that you will come across are legitimate businesses offering only massage services. If you have concerns about it, here are a few things you can ask to feel more comfortable:

- Are therapeutic massages offered?
- Is the massage certified or licensed?
- What history will you need from me about past massage treatments and the area that needs work?

## **If I don’t like something my therapist is doing, should I tell them?**

Open communication between you and your massage therapist shouldn’t just be considered okay, it should be encouraged! If you find the pressure too hard or too soft, or you feel as though there’s an area that you feel needs focus, let your therapist know. Do keep in mind however, that a massage does not have to hurt to be effective and that in fact, very few do.

# Massage Therapist – Questions Checklist

- Are you licensed or certified to operate in the state?
- Do you have malpractice insurance?
- What type of experience do you have?
- When did you open this business?
- What type of massage do you recommend for me? How many sessions will I need?
- How much will the massage cost me?
- Are massages covered by health insurance?
- What will I feel like after my massage?

# Conclusion

Thank you again for downloading this free report. We hope that you found it useful and it has given you enough information so you can maximize the benefits of your next massage.

If you would like help finding a top quality massage provider please contact us at:

*Our website.*

## Recommended Massage Provider

Coming Soon...

**If you know of a massage provider we should recommend please contact us today.**

# Recommended Resources

We know that getting a massage can be a wonderful and energizing experience. While we hope this guide has provided you with everything you need to give you the confidence in choosing the right massage for you we have also included a list of other helpful resources for you to check out.

## **Couples Massage Secrets - Easy Techniques to Connect and Impress**

Master the Art of Partner Massage in just one day. Unique approach, 100% satisfaction guaranteed.

[Click here to go to this site.](#)

## **Natural Health Remedies to Help Stress, Pain and Weight Loss**

Enhance your life with Natural Health Remedies - Aromatherapy, Self-Hypnosis for Weight Loss, Quit Smoking, Relieve Pain and Stress and learn Sensual Massage. Get Rid of Headaches, Anxiety and Panic Attacks - Relax and Sleep like a baby.

[Click here to go to this site.](#)

## **Diabetes Massage**

A Guide to Massage for Diabetics. The ebook and videos lead you through the techniques and principles of "The Diabetes Massage Method" with focus on feet. Helps prevent or heal ulcers and edema! Prevent foot amputation. Relieves pain! Increases energy!

[Click here to go to this site.](#)