

University of New Hampshire Health & Wellness

What to Expect from a Massage

Prior to your appointment with the massage therapist you are asked to read, complete and sign a Massage Therapy Intake Form. This form gathers information on your health history, goal(s) for your massage and any areas you would like to have focused on or avoided during your session. We ask that you disclose any medical conditions or concerns and any other information that will help make the massage therapy session of greatest benefit and comfort for you. You will only need to complete this form one time each academic year.

Once you meet your massage therapist, you will be taken to a massage therapy room where the information you provided on the intake form will be reviewed with you. Then you will be given a few moments alone where you may undress to your level of comfort (completely disrobe or leave your undergarments or other clothes on). Please remove jewelry.

When you are comfortable on the table and covered with the sheet provided, the massage therapist will return to the room and begin the massage. You will always be discreetly covered by this sheet, except for the area of the body being massaged. At no time are genitals or female breasts exposed. **No sexual contact of any sort should occur during the massage.**

Please let the massage therapist know if there is a specific area of your body that you would like the massage therapist to focus on during your massage, or area of your body that you would like to be avoided.

The massage therapist can do many types of massage, from gentle, relaxing massage to deep tissue work, or any combination. Please let the massage therapist know what you prefer. During the massage, please let the therapist know if the pressure is too strong. A hot stone massage is also available but can only be provided if this type of massage appointment has been scheduled. Please refer to the information below regarding hot stone massages.

Hot Stone Massage

Before you arrive, sanitized stones of various sizes, shapes and weights are heated. During the massage, the therapist will remove the heated stones from the water and place them on specific points along your body (most often the spine), or in the palms of your hand, or even between your toes. When you lie face up, stones may be placed on your belly, chest and face. A towel or sheet is normally placed between you and the stones. The warm stones will help the muscles relax. In addition, the therapist uses traditional strokes of Swedish massage while holding heated stones. The massage therapist may also put down the stones and use his or her hand to directly massage the skin. Massage oil/creams are usually incorporated into the massage treatment. As the stone cools, the therapist may replace it with another. You should let the therapist know if the stones are too warm or the pressure is too strong.

If you are having a massage for the first time, we recommend a traditional massage.

Please feel free to discuss any issues or concerns that you might have, or to remain silent during the massage, whichever you prefer.

Your conversations with the massage therapist are completely confidential, excepted as noted on the Health & Wellness Required Disclosure by Law sheet that is posted in each massage room.

Now relax and enjoy your massage.