

Your Massage Experience: A Tutorial

Section 1: Overview

Welcome to Your Massage Experience, a tutorial designed to introduce new clients to the Out of Sight Massage experience.

This tutorial is divided into three sections:

Section 1: Overview

Section 2: Before Your Massage

Section 3: During and After Your Massage

After reviewing this tutorial, you should be able to:

- Demonstrate appropriate behaviors associated with making a massage appointment and preparing for your massage.
- Identify the tools and techniques used at Out of Sight Massage.
- Apply appropriate post-massage behaviors.

Section 2: Before Your Massage

After this section, you should be able to:

- Differentiate between the massage options available at Out of Sight Massage.
- Determine whether or not Out of Sight Massage offers the right massage techniques to meet your needs.
- Prepare for making your first Out of Sight Massage appointment.
- Demonstrate appropriate at-home preparation for your massage.

Massage Techniques –

It is hard to imagine a better way to relieve stress or pain than a soothing or restorative massage.

At Out of Sight Massage, I use three massage techniques intended to relax and/or heal your body:

- Swedish massage,
- Deep tissue massage, and
- Active isolated stretching.

Swedish massage is the most commonly know form of massage. When performing this technique, I use firm but gentle pressure to promote relaxation, reduce pain, minimize joint stiffness, and more.

Swedish massages involve the application of firm pressure to relax tension in your muscles. When using this technique, I use massage oils and generally employ long, flowing strokes. The strokes I use include:

- Effleurage or gliding strokes with my palms, thumbs, or fingertips.
- Petrissage or kneading movements with my palms, thumbs, or fingertips.
- Tapotement or rhythmic tapping.
- Friction or circular pressurized movements.
- And vibration or fluctuating movements that shake the body.

Deep tissue massage is a form most appropriate for those who have experienced physical injury or consistent pain. It is also appropriate for individuals who are involved with heavy physical activity.

This technique involves focus on one or more specific areas where tension exists.

When muscles are stressed, they block oxygen and nutrients, causing muscles to inflame and toxins to build in your muscle tissue.

Deep tissue massage is a therapeutic technique designed to release deep tension in both the superficial and deep layers of muscle fibers by removing

toxins, promoting the proper circulation of oxygen, and loosening muscle tissues. These sessions are quite intense and focused, often causing the recipient's muscles to ache for a day or two.

Active isolated stretching is a rehabilitation technique used frequently by athletes or those with neurological injuries. It is intended to lengthen and restore muscles, increase the elasticity of joints, and relax muscle fascia, or the connective tissue that surrounds muscles.

Active Isolated Stretching is a holistic approach to stretching. In this approach, I use stretches that are appropriate for resolving functional and strength deficits in targeted and opposing muscles. These stretches are held for only two seconds each, so as not to allow the targeted muscle to contract.

Because your physical needs are as unique as you are, I use a pre-massage assessment to help me determine how to best treat your particular interests or ailments.

To meet your needs, I may use any one or a combination of these approaches—depending on what is most appropriate. By combining these techniques, your experience is not limited and should appropriately address your specific massage goals.

Massage Arrangements –

If my techniques appear to be suitable to your needs, please contact me at 202-774-0090 or at Andy@outofsightmassage.com.

Once you have requested an appointment, I will ask you to participate in a pre-massage assessment to determine how to best meet your needs. I am particularly interested in your goals as well as specific pain points or desired areas of concentration.

To learn more about this assessment, visit the Pre-Massage Assessment section of my website.

Massage Preparation –

Once you have made your appointment, you should prepare yourself for your massage experience.

Some “day of appointment” tips to improve your massage experience include:

- Drink plenty of water before your session—hydration is key!
- Try not to eat a meal directly before your session.

- Do your best to come to your session freshly showered with any cuts covered with bandages. Personal hygiene is important when it comes to massage.

Section Review –

Congratulations—you should now be familiar with the considerations and preparations required for an Out of Sight Massage experience.

Remember, to prepare for your massage:

- Determine your massage goals
- Make an appointment
- Complete the pre-massage assessment
- Drink plenty of water before your session, and
- Hygienically prepare for your session.

Section 3: During and After Your Massage

Before you fully enjoy your massage session, you may wish to prepare for your massage experience a bit further.

After this section, you should be able to:

- Identify the features and tools used in my massage studio.
- Describe the draping techniques used at Out of Sight Massage.
- Recognize the activities that will take place during your massage.
- And demonstrate appropriate post-massage behaviors.

Your Massage Studio –

As you may already know, I provide massages in my secure Dupont Circle home. I provide treatment using a standard massage table with an adjustable face rest. Over the table you will find a bottom and top sheet which are cleaned following each massage session. Over the face rest I also place a sanitary cover that is cleaned after each session.

Attire and Changing –

The amount of clothing worn during your session will depend on the type of massage you are receiving and your level of comfort. While it is extremely normal to be fully unclothed for a Swedish or Deep Tissue massage, those requesting only Active Isolated Stretching may wish to remain clothed throughout their session.

It is easiest and most effective if you remove all clothing including underwear; however, I can work with any level of dress. Your comfort is most important.

I will leave the treatment room while you change. You will need to climb on top of the table and lay under the top sheet before I return to the treatment room.

Draping Techniques –

I take my role as a massage therapist seriously, and in this role, it is exceedingly important that I provide my clients with a healthy and relaxing environment that satisfies their needs.

Once on the massage table, you will remain under a top sheet throughout the session. I will only uncover an area of the body as it is being massaged. That area is re-covered with the sheet prior to moving to another part of the body.

Expectations During Your Massage – Tools

As a matter of practice, I use gentle, water-based massage gel for lubrication during the application of both Swedish and Deep Tissue massage techniques. I prefer to use this type of gel because it washes easily from clothing (both yours and mine) as well as the sheets used during your massage. Additionally, this gel is hypoallergenic and should not cause irritation.

For Active Isolated Stretching I do not use massage oils.

Expectations During Your Massage – Sounds

During your massage you have the option to either listen to music or not. You may request a particular type of music if you'd like, as I have a large, eclectic collection.

It is okay to talk during the massage, but it can be beneficial for you to limit talking and concentrate on breathing. It is important, however, that you communicate if something is uncomfortable or painful. A massage does not need to be painful to be therapeutic.

After Your Massage –

After your massage, I will leave the room and allow you to rise at your own speed. Please feel free to take your time and dress at your own pace. If you wish to shower following your massage, you may do so as well.

Once you are dressed, I will return to the room to discuss your experience, how you are feeling currently, and what you may wish to address in future sessions.

Additionally, I will offer you water to rehydrate yourself. Please be sure to rehydrate yourself throughout the day by drinking plenty of water.

Section Review –

Congratulations—you should now be ready for your Out of Sight Massage experience!

Thank you for exploring this tutorial and viewing my sight. I truly look forward to welcoming you to Out of Sight Massage, where you can expect:

- To feel safe,
- To feel comfortable, and
- To feel relaxed.