

# FAQ

## What does your massage therapist bring?

Your massage therapist provides

- a very comfortable massage table,
- towels,
- massage oil
- music if required.

## What do I need to wear?

- To achieve the best results a massage is performed directly onto skin with oils. Therefore we would require our clients to wear underwear only (Please note that Underwear MUST be kept on at ALL times)
- As per a clinic setting professional draping techniques are used to make sure that only the area being massaged is uncovered.
- Genuine care and respect is maintained at all times

## What to expect when your therapist arrives

Your therapist will

- Arrive 10 - 15 minutes prior to your session time
- Introduce them self
- Discuss where to set up the massage table and set it up very quickly
- Sit down with you and discuss your preferred massage style and firmness
- Leave the room to allow you to get ready for you massage in underwear only and get ready on the table. A towel is provided for you to cover your body
- Re enter the room once permission is gained and commence massage

## What to expect during your Massage

- Privacy, comfort and respect will be maintained at ALL times
- Questioning as to whether the massage and pressure is ideal

## After your massage

- Your massage therapist will leave the room to allow you to get dressed.
- After permission is given, will re enter the room and briefly discuss your massage experience.
- Rebook another session if requested

## Can I claim this massage with my private health provider?

Yes, remedial massage therapy is claimable with most health providers. A receipt can be provided on the day.