

FAQS for Elevate Massage Therapy

Can I request certain work during the massage? YES! While I am still in training, every massage will be purely a relaxation massage, but every massage session is yours to guide. Please communicate your desires as well as anything you do NOT like. I won't be offended! After I get my license, every session will be tailored to the ailment you are currently facing. I tend to be communicative during sessions and welcome the same.

What do I wear? Most people wear nothing or just bottoms. I will use the sheets to drape the part of your body I am working on, so no worries!

Will there be spa music? Only if you request it. I prefer to allow clients to play what they like on my spotify account. You can choose a genre or artist Or if you use Spotify, and are keen, you can make a playlist and send it to me beforehand, for a truly tailored experience.

Will the massage hurt? The goal is never pain. Please let me know if you need lowered pressure or a different approach to your massage.

What should I expect throughout the experience? Once you arrive, I will greet you and we will go over a few forms and a brief medical history so I can be sure I understand any medical issues that may affect the massage. After that, I will leave the room and allow you to undress and lie on the table, face up with a sheet covering your body, up to the armpits. I will enter and begin the massage at your shoulders. I will work over the entire body, unless otherwise instructed. I tend to work from shoulders/upper back to arms, then legs. Mid massage, I will add a headrest to the table, help hold your sheets and ask you to roll over on to your stomach, head in the rest and work backward, from legs, glutes, hips and then finally entire back. When the massage has concluded, I will leave the room and you can take your time getting up from the table and dressed, and come out when you are ready to pay and schedule your next appointment!