

Things to Do Before a Massage

1. Hydrate well – Drink plenty of water.



2. Shower – Clean your skin to prevent clogged pores.



3. Avoid heavy meals – Eat light if needed, but don't arrive too full or hungry.



4. Communicate any pain or concerns – Inform the therapist about problem areas.



5. Use the restroom – Avoid discomfort during the session.



6. Avoid alcohol – It can dehydrate you and diminish the massage's effectiveness.



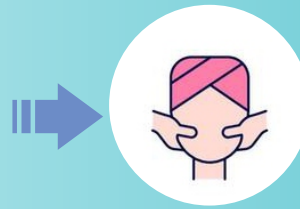
7. Stretch lightly – Loosen your muscles to help the therapist.



8. Turn off your phone – Minimize distractions.

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Sched Calendar Here: <https://calendly.com/gracefultouch>
1 Per Person - NA W/ Other Offers

9. Arrive early – Give yourself time to relax and not feel rushed.



10. Remove jewelry – To prevent obstruction during the massage.

11. Choose comfortable clothes – Wear loose-fitting clothes to change into easily.



12. Skip caffeine – It can make you jittery and counterproductive to relaxation.

13. Clarify your preferences – Specify the pressure level and massage style you prefer.



14. Take deep breaths – Mentally prepare by relaxing your mind.

15. Schedule wisely – Ensure you have time afterward for relaxation.

