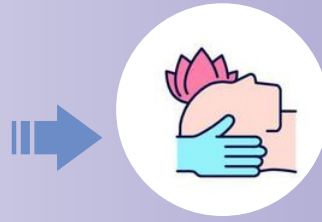


Things to Do During a Massage

1. Communicate with the therapist – Let them know if something hurts or feels uncomfortable.



2. Breathe deeply – Helps your body relax more deeply.

3. Relax your muscles – Consciously relax to allow deeper work.



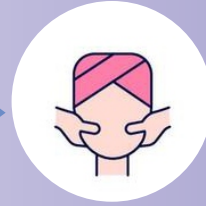
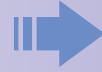
4. Close your eyes – Let go of outside distractions and focus on the experience.

5. Adjust your position – If something feels uncomfortable, don't hesitate to ask for adjustments.



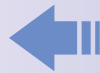
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1 Per Person - NA W/ Other Offers

6. Enjoy the silence or music – Allow the calming atmosphere to help you unwind.



7. Be mindful of pressure – Tell your therapist if the pressure is too light or too intense.

8. Stay present – Focus on the sensations and release tension.



9. Keep calm if you feel pain – Mild discomfort can be part of working out knots, but sharp pain should be communicated.