

# Getting the Most From Your Massage

**What you can do to make your massage session more enjoyable and successful.**

## Showing Up for Yourself

As a massage therapy client, you play an important role in the outcome and enjoyment of your session.

Recognizing that caring for yourself enables you to do the things you do everyday means approaching massage therapy with a positive state of mind. You are allowed to have this time for yourself.

For example, many people dealing with chronic pain and stress say they depend on massage to keep going.

Athletes and those pursuing exercise for health also

notice how massage aids in muscle recovery and prepares them for the next race or game.

**What you want to get out of your massage sets the tone for what you can receive from it. Your willingness to sink in and allow your body to respond as it needs to also plays an important role in the success of a session.**

There are several things to keep in mind the day of your massage:

1) Be sure to eat as you normally would, especially if you are diabetic. Mas-

sage can affect your insulin levels, so eating is crucial.

*Continued on Page 2*



*How are you feeling today? What do you want from your session?*

Inside this issue:	
Showing Up for Yourself	1
Communicating with Your Massage Therapist	2
During Your Massage Therapy Session	3
After Your Massage	4
What if I Don't Like...	5
When Massage Hurts	6
How Much Can a Doctor's Order Save?	7

## Getting More from Massage

- Turn off your cell phone, PDA, etc. before entering your massage therapist's office. This is your time.
- Focusing on how tight you are during a session can keep you tight. Breathing into tension and imagining it releasing can help tissue soften
- Tell your massage therapist about changes in your health and areas to focus on
- Take a couple of full breaths at the beginning of the massage. Deep breathing helps your body relax and rejuvenates your cells. Sink in and let it be.

## Communicating with Your Massage Therapist

Telling your massage therapist how you are feeling and what you would like to accomplish during your massage session is another way to get more out of massage. "During a therapeutic session, I may

check in with you to see if your body is responding," Susan Nunn, LMT says. "If not, I'll use a different technique or search out another area that may be contributing to the problem. Comparing what

**you're experiencing to what I'm sensing in your body can make a more successful massage."**

There is no or little talking if you express a desire to relax and decompress from your day. *Cont'd p. 3*

## Showing Up for Yourself cont'd.

### 2) Allow enough time to get there.

Last-minute rushing to your massage causes anxiety and increases difficulty relaxing. In your hurry to get on the table, you may forget to tell your therapist about a change in your health or something that happened during or after your last session. This may cause you to miss out on a more enjoyable and therapeutic session.

### 3) Turn your mind to your massage.

How are you feeling now? What would you like to feel like? Where would you like your massage therapist

to concentrate his/her efforts?

4) **Turning off cell phones and the like reinforces the fact that this is your time. It's a good reminder of what you're here for,** Susan Nunn, LMT says. **"A lot of clients let out a deep sigh of relief when they turn off their phones."**

Most phone conversations can wait until your session is complete and you are back in your car.

Now that you've arrived, it's time to talk to your therapist about what you'd like to accomplish.



**Sync up in your mind with what is about to happen. Think about how you want to feel; allow that intention to be absorbed into your tissues.**

## During Your Massage Therapy Session

Giving up control is hard, but it can make the difference between a productive and therapeutically satisfying session and a session with little result.

Try to relax as you would before sleep. Take a series of deep breaths, letting go of each moment as you inhale and exhale. Then let go of your breath. You may do this at any time during the massage, to bring yourself back to relaxation or to

breath through a painful area.

**Your massage therapist often uses your body weight to create the right amount of pressure for you.** Unless you are asked to resist or hold a part of your body, do your best to relax and allow your body to be moved by your therapist.

**If you are uncomfortable in any way, let your therapist know.** Discomfort ranges from too much to too little

**Deep breathing can encourage a relaxed and restful state which, in turn, can facilitate the release of muscle tension and healing.**

pressure, feeling hot or cold and even music may seem disruptive to you. Your massage therapist will do everything possible to make you feel comfortable.

## After Your Massage

So, you've just had a massage. Throwing yourself back into multi-tasking, sensory overload mode won't help your renewed sense of well-being stick around for long. There are simple things you can do to keep feeling relaxed and allow your body time to respond to the therapy it has just received. Here are some tips:

- **Keep the car radio/cell phone turned off for the ride home**
- **Rest for 1/2 hour at home or do gentle exercise if you feel like it**
- **Spend time browsing in your favorite place (outside, etc.)**
- **No time for rest? Do ONE thing in a relaxed way, pace yourself**
- **Drink water & eat well today**
- **Breath and enjoy! (Cont'd p. 3)**



*Allow time to rest and be still.*

## Communicating with Your Massage Therapist cont'd.

Let's face it, some days you get up on the wrong side of the bed, have a trying day or stress is weighing you down. Silent massage can be a perfect antidote. **It's okay to tell your massage therapist you just want to "go away" for awhile.** Silence during a massage can deepen your experience of relaxation and encourage healing.

**Staying in your head by talking can disconnect you from what's happening in your body.** This distraction can take away from the focus of tension

release, both physically and mentally.

**Some sessions require talking.** Sharing what is going on in your body, whether you feel muscles melting or receiving sensations in other areas of your body. You may, for instance, feel pain or tingling in your forearm or hand while your neck or your shoulder are being massaged. These connections can be significant for the course of the session.

If you are going through an emotionally difficult time, this can show up in your body as increased sensitivity to

pressure and pain. Tell your massage therapist about these changes in comfort level. You don't have to go into detail, if you don't want to. Simply saying you're feeling more sensitive today is all that is necessary.

**Your massage therapist is here for you and wants to give you the best experience possible. Communication about your massage can ensure you get the quality session you deserve.**

## After Your Massage cont'd...

You've just invested time in creating space for yourself. Keeping your cell phone and other electronic devices off for the ride home (or to wherever) adds to your "down-time."

Allowing a 1/2-hour or so to rest after a session gives your body time to make initial adjustments. **"Long after a massage has been received, Susan Nunn, LMT says, "body tissues are**

**changing. Clients report continued improvement in their condition for 4 days or more after a session."**

Gentle movement, sensing the way your body wants to bend, twist or stretch is another way you can extend the benefits of massage therapy. Moving this way can encourage muscles to continue to change, perhaps to further soften, for example.

**There are times when we have things to do. It's okay to go on about your day. Some sessions are energizing, making you want to accomplish something. Keeping in the spirit of massage, do one thing at a time and do it with the same slowed breathing you achieved in your massage.**

**Most of all...ENJOY!**

## What if I Don't Like...

Aaaah...here's a tricky topic...but it's not that tricky. What if you don't like something about your massage experience?

Maybe, the lotion or cream smells too strong for you. Perhaps, you don't like the technique your massage therapist is using on your back. You wish she/he

wouldn't massage your feet or disturb you with a certain joint movement. And what about that music?

This is your session. "Often, clients tell me they have had undesirable experiences with other massage therapists, but didn't tell them." **Susan Nunn ex-**

**plains. "It's okay to tell your therapist you don't like something or request a change. Your comfort and experience are top priority. Give your massage therapist a chance to make your massage better; chances are she will thank you for speaking up."**

**Call for Your Appointment Today!**

**Susan Nunn, LMT**



2720 Whittier Ave.  
Dayton, OH 45420  
Phone: 937-545-1986  
E-mail: soozelmt@hotmail.com

**Helping people live, work and play more comfortably in their bodies.**



[www.SusanNunn.com](http://www.SusanNunn.com)

Susan Nunn is a Licensed Massage Therapist since 1998 (13 years). She integrates several modalities so clients can receive what works best and feels good to them. Each session is tailored to meet you where you are.

Whether you are experiencing deep muscle pain or need to let go of stress, Susan adjusts her pressure and style to reach your short-term and long-term goals. Massage's effects accumulate from session to session, peeling away tension and stress.

Come experience a whole-body approach. The body, mind and spirit work as an integrated whole. Susan believes it should be treated that way. Call for your appointment today.

**Save Money! Get a Doctor's Order for Massage Therapy!!**

**Save \$54.60 per year on a one-hour session!**

**Save \$79.80 per year on a 1-1/2 hour session!**

**That's almost the cost of an additional massage!!!**

(Savings based on monthly sessions at the current cost and sales tax rates as of March, 2011.)

## When Massage Hurts

During your massage, you may experience tenderness at specific points on your body. Often, these are "trigger points" and can be addressed in a way to reduce the pain and relax an entire muscle or area.

Be open with your massage therapist about where these points are located. You will tolerate different levels of pressure on various points. Some of these will be so tender, you can barely stand light touch. Some will feel better with increased pressure.

A desire to get away from the

pain means the pressure is too intense. Tell your massage therapist right away when this occurs. An informed therapist can appropriately treat the area to reduce the pain and release the muscle, without extreme discomfort to you.

"The choice of massage modality may be dictated by your pain level. **Light touch techniques are more powerful than many people realize,**" Susan Nunn, LMT says.

"Because there is little pressure or movement felt by the client doesn't mean nothing is happening.

**"If you run away from pain, it will chase you. Instead, move toward the pain by breathing into it."**

**—Susan Nunn, LMT**

Quite a lot happens in moments of stillness."

Gentle techniques may be effective until the pain decreases and deeper work can be tolerated.