

Massage Tips for Consumers

What should someone expect during a massage?

- The massage therapist will ask questions about what prompted you to get a massage.
- The massage therapist will want background information about your physical condition, medical history, lifestyle, stress levels and any painful areas.
- The massage therapist will ask what your health goals are and will discuss how massage may help you achieve those goals.
- During a one-on-one massage, you will be asked to remove clothing to your level of comfort. Clothing is not removed during “chair” massages.

Consumers also should consider the following tips to help them find a massage therapist who is trained and qualified.

- Are you licensed to practice massage? (35 states have passed legislation to regulate massage therapy)
- Are you a member of the American Massage Therapy Association?
- Are you Nationally Certified in Therapeutic Massage and Bodywork?

Trained massage therapists are happy to share their credentials with clients.