

# BEFORE YOUR MOBILE TREATMENT

everything you need to know

1

## SPACE

Make sure there is enough space for a massage table and your massage therapist to walk around in the room you have chosen

2

## LIGHTING

Choosing or creating an area with dim lighting is okay, however there should be enough lighting so that your therapist can move around safely

3

## TEMPERATURE

During a massage, your body temperature will decrease. To prevent getting too cold during your massage, you can turn the temperature in the room up a degree or two or have an extra blanket nearby

4

## HEALTH

Having a warm shower just before your session can help to relax you and your muscles enabling a more effective massage. Also, be sure to drink plenty of water before AND after your appointment. Dehydration along with the changes in blood pressure from massage can potentially cause a headache.

5

## TIME

Allow for about 10 minutes before and after your scheduled time for setting up and breaking down of equipment

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