

Professional Massage Therapist

Certified Empowerment Coach

By Colleen Steele

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# Colleen's E-Words



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Welcoming Possibilities

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## Frequently Asked Questions re Massage

### **Q. Where will my massage or bodywork session take place?**

Your massage or bodywork session will take place in a warm, comfortable, quiet room. Soft music may be played to help you relax. You will lie on a table especially designed for your comfort. I do offer to come to your home, go to <http://www.memorable-massage-therapy.com/html/pricing.html> for further options.

### **Q. Who will perform the massage or bodywork?**

Your session will be conducted by me, a trained professional who has received proper training in a variety of techniques. I am certified by the State of Indiana and through the Association for Massage and Bodywork Professionals. Although no two massages are exactly alike, you may request a certain technique or modality. Go to: [http://www.memorable-massage-therapy.com/html/about\\_me.html](http://www.memorable-massage-therapy.com/html/about_me.html) for an outline of the techniques I practice.

### **May I be completely undressed?**

While you may decide the amount of clothing you prefer to wear for your own comfort, it is my studio policy to have all participants keep their briefs/panties and socks on. You will be properly draped during the session.

**Q. Socks?** There is a universal health precaution practiced in all public places that usually says, "No shoes, no service." It is commonly thought that is to protect *you* from anything harmful that might be on the floor. This is true. In cases of health practitioners / hospitals / clinics, etc., it is done so that we are not sharing each other's warts and funguses. [Remember the school locker room?] That holds true for my studio, as well. You will have a delicious foot massage, unless you specify otherwise.

**Will the practitioner be present when I disrobe?** The practitioner will leave the room while you un-

dress, relax onto the table and cover yourself with a clean sheet.

**What parts of my body will be massaged?** You and the practitioner will discuss the desired outcome of your session. This will determine which parts of your body require massage. A typical full body session will include work on your back, arms, legs, feet, hands, head, neck and shoulders. You will not be touched on or near your genitals [male or female] or breasts [female].

**Q. What will the massage or bodywork feel like?** It depends on the techniques used. IN a general Swedish massage [the basis of my massage], your session may start with broad, flowing strokes which will help to calm your

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## Frequently Asked Questions re Massage, continued from page 1

nervous system and relax exterior muscle tension. As your body becomes relaxed, pressure will gradually be increased to relax specific areas and relieve areas of muscular tension. You should communicate immediately if you feel any discomfort so that another approach may be taken. *Massage and bodywork are most effective when your body is not resisting.*

**Q. Are there different kinds of massage and bodywork?** There are numerous types of massage and bodywork; various techniques utilize different strokes, including basic rubbing strokes, rocking movement, posture and movement re-education, application of pressure to specific points and more. We will have time before your session to review methods and for you to ask questions. *Please do feel free to inquire.*

**Q. How long will the session last?** The average full-body massage or bodywork session with me lasts 60 minutes. A 30-minute appointment allows time for a partial massage session, such as neck and shoulders, back or legs and feet. Many people prefer a 60-minute to 90-minute session for optimal relaxation. Ideally, it would be good to allow yourself time to relax prior to the massage. While that is not always possible, do allow relaxation time after the session. Feel free to lounge in any one of my recliner sofas before getting in your car to drive.

**What should I do during the massage or bodywork session?** Make yourself comfortable. The practitioner will either gently move you or tell you what is needed throughout the session (such as lifting your arm). Many people just close their eyes and completely relax. Others like to talk during their session. Feel free to ask the practitioner questions about massage and bodywork in general or about the particular technique you are receiving.

### May I bring my own music to the massage session?

The music that is chosen in my studio is that which is about 60 beats per minute. This is because there is an event called "entrainment" that occurs between therapist, participant and music. Both the practitioner and the recipient's heart will entrain with the 60 beats per minute to provide ultimate relaxation and rejuvenation for the body.

It is usually not a good idea to have music playing that you know the words to or that conjure up memories. Having said that, you might have a CD that is *relaxing and meaningful to you*. In that event, feel

free to bring it in.

**Q. What are the benefits of massage and bodywork?** Massage and bodywork can help release chronic muscular tension and pain, improve circulation, increase joint flexibility, reduce mental and physical fatigue and stress, promote faster healing of injured muscular tissue, improve posture and reduce blood pressure. Massage and bodywork is also known to promote better sleep, improve concentration, reduce anxiety and create an overall sense of well-being. For further information, please click on <http://www.memorable-massage-therapy.com/html/e-words.html> and scroll to the bottom for "Archived newsletters" and open the one that says HEALTHY AGING

**Q. Are there any medical conditions that would make massage or bodywork inadvisable?** Yes. That's why it is imperative that before you begin your session, the practitioner has a brief health history intake form for you to fill out and discuss together. It is very important that you inform the practitioner of any health problems or medications you are taking. If you are under a doctor's care, it is strongly advised that you receive a written recommendation for massage or bodywork prior to any session. Many practitioners may require a recommendation or approval from your doctor. For further information about contraindications regarding medications and massage, please go to: <http://www.memorable-massage-therapy.com/html/e-words.html> and scroll down to Archived Newsletters and click on the topic *Your Medication List*. Taking some medications influences how your body reacts to massage.

**Q. Is there anything else I should know?** I have a form called, *Creating a Safe Environment For You*. I have everyone who comes into my office read and sign this form. It sets healthy physical and psychological boundaries so that you can know that I am all about your highest and best interests. It also allows me to know that you are my kind of person. Every now and again I get a chuckle over this form because it stipulates bathing within a certain number of hours prior to massage. Some things about this are obvious. *Perhaps the following is not so obvious.* The skin on our body is home to all sorts of bacteria and staphylococcus; we each have our own "brand". Massage Therapy is one of the few remaining healthcare modalities where the practitioner does not use gloves to touch you. Therefore, we subject ourselves to various bacteria and staphylococcus all of the time. Obviously, the closer to shower time, the fewer of these on the skin. Also, as people we perspire. Furthermore, a clean body does not have so much dead skin that will naturally slough off during massage. I'm not compulsive or paranoid about this and I don't want you to be either. However, I want your massage experience pleasant for both of us.

