

# Body Braille Massage (BBM) Frequently Asked Questions

## ***Why should I get a massage?***

Questions can range from “Do massages really work?”; “Am I too old to get a massage?”; “Will the MT be judging my body?”; “Isn’t a massage more of a luxury item?” You’re not alone in questioning why get a massage. Please refer to our Benefits of Massage section to help you answer those questions.

## ***Where will my session take place?***

Your session will take place in a warm, comfortable, quiet and private room. Soft instrumental music may be played to help you relax while you lay on a massage table especially designed for your comfort.

## ***Must I be completely undressed for my massage?***

Most massages are traditionally performed with the client mostly unclothed; however, it is entirely up to you what you want to wear. You should undress to your level of comfort. You will be properly draped during the entire session.

## ***Will the massage therapist (MT) be present when I disrobe?***

The MT will leave the room for privacy purposes while you undress, relax on the table, and cover yourself with a clean sheet, blanket or towel. The MT will then ask permission to enter the room to begin the session. Once the session ends, the MT will leave the room again to give you privacy to re-dress.

## ***Will I be covered during the session?***

You will be properly draped at all times to help keep you warm and comfortable. Only the area being worked on will be exposed.

## ***What parts of my body will be massaged?***

A full-body massage generally includes work on your back, arms, legs, feet, hands, head, neck and your shoulders. You will be able to also specify any areas you do NOT want massaged. No genitals shall be exposed nor massaged.

## ***What does a typical massage feel like?***

A relaxing Swedish massage is often the baseline for clients. In general, your session may start with broad, flowing strokes that will help calm your nervous system and relax muscle tension. As your body becomes relaxed, pressure may gradually be increased to address and relieve specific areas of muscular tension. Most often a light oil, gel or cream medium is used to massage the body to reduce friction to the skin. The medium also helps hydrate your skin. You should communicate immediately if you feel any discomfort. Massage is most effective when your body and mind are not resisting.

## ***Are there different kinds of massages?***

There are various massage techniques that utilize different strokes, movements and pressures depending on the goals of your session and/or target areas you’d like addressed.

## ***What should I do during the massage session***

Prior to the massage, feel free to ask the MT any questions you may have about the upcoming session.

During the massage, make yourself as comfortable and relaxed as possible. The MT will either gently guide your movements or tell you what movement is needed throughout the session. Therefore, many people just close their eyes, get completely relaxed, and only communicate if or when they need more or less pressure or anything else relevant for a great massage session.

### ***How will I feel after the massage session?***

Most people feel very relaxed. Some experience freedom from long-term aches/pains developed from tension or repetitive activity; while others may not feel the effects until after several sessions depending on the individual's issue(s). After an initial period of feeling relaxed or slowed down, you may experience increased energy, heightened awareness, and greater productivity which can last for days.

### ***What are the benefits of massage?***

Massage 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 is also known to promote better sleep, improve concentration, reduce anxiety and create an overall sense of well-being. Please see more benefits in our Benefits of Massage section.

### ***Are there any medical conditions that would make massage inadvisable?***

Yes. That's why it's imperative that, before you begin your session, the MT asks general health questions. It is very important that you inform the MT of any health problems or medications you are taking. If you are under a doctor's care (and depending on the condition) written approval from your doctor. If you are unsure, please consult with your physician and/or the MT about conditions requiring potential approval before scheduling an appointment.

### ***How do I book my appointment with Body Braille Massage (BBM)?***

Use our "Book an Appointment" section (located on the website portal) to complete and submit your information that will allow us to contact you for inquiries or bookings. Please also complete and submit the "Intake Form as this will give the MT needed information to better assess your massage needs. Our staff will respond to you via email or telephone within 48 business hours.

**Now you know why massage is beneficial, and why you should schedule your appointment!**