

Just Pampered Swedish Back or Body Massage Pre and Post Treatment Guidance

Pre Treatment

- ✓ It is good to take a few moments to unwind before a massage so wherever possible arrive a few minutes early and take a seat in our relaxation area
- ✓ Wear some comfortable clothing, we want you to feel relaxed

What happens during treatment?

The Swedish Full Body massage lasts approximately 60 minutes and includes back, neck, shoulders, waist, hips, backs of legs, feet, fronts of legs, abdomen (optional), arms and scalp. The 30 minute version includes back, neck and shoulders and the 45 minute treatment also includes upper arms, decollete and scalp. We have a range of oils to suit ailments but if you have something particular in mind please speak to your therapist.

You are fully covered with a towel at all times apart from the one area being massaged. We respect your modesty at all times

Massage has many benefits which include relaxing muscle tension, relieving stress, promoting a good night sleep, boosting circulation, improvement in digestive health and aiding the removal of toxins from the body.

Post Treatment

- ✓ Drink plenty of water to remain hydrated and increase the benefits
- ✓ Do not rush to get off the treatment bed. We don't want you feeling lightheaded.
- ✓ Take your time, get dressed and take a seat in the relaxation area
- ✓ Drive home with the window slightly open to ensure you get enough fresh air
- ✓ Keep warm and try to relax for the rest of the day
- ✓ Avoid strenuous exercise
- ✓ Where possible, wait at least a few hours before showering so the oils can work to hydrate the skin
- ✓ Avoid alcohol and rich foods where possible, instead opting for a light meal following a massage
- ✓ You may experience erythema, which is a redness to the area due to an increase in circulation. This is completely normal and a good sign that the massage is working. Erythema usually subsides very quickly once the treatment has ended

"I never lay down and relax at home"

If this is the case then this treatment is perfect for you. All you are asked to do is to lay back and close your eyes. The ambience is set perfectly for you to unwind. The lights are on low, the bed is warmed, the room is warm and soft music is playing in the background. You are sure to relax in this tranquil room during the massage.

How Massage Helps with Sleep:

- Massage improves blood circulation around the body
- Soothes aches and pains
- Relieves underlying stress
- Soothes nerve endings
- Lowers the heart rate
- Helps quieten the mind
- Raises serotonin levels (the happy hormone)

Just thirty minutes of massage factored in to your hectic schedule can help you relax and achieve a better night's sleep

Bespoke Fusion Back or Body Massage Pre and Post Treatment Guidance

Pre Treatment

- ✓ It is good to take a few moments to unwind before a massage so wherever possible arrive a few minutes early and take a seat in our relaxation area
- ✓ Wear some comfortable clothing, we want you to feel relaxed

What is Bespoke Fusion? I haven't heard of it before?

Bespoke Fusion is created by us, named by our therapists. It is a combination of all of our years of massage experience and qualifications, combining Deep Tissue (for chronic tension), Myofascial (release of tension), Lomi Lomi (forearms), Shiatsu (acupressure), Sports Massage, Aromatherapy, Lymphatic Drainage, Pressure Point and all of the moves we have learned along the way through advanced training.

If you are suffering with a particular issue or have a build up of tension, the Bespoke will provide more results than a relaxing Swedish Massage. Our expert therapists will tailor a massage for exactly what your body needs on the day, with the perfect intensity and pressure for you.

What happens during treatment?

The full body versions include back, neck, shoulders, waist, hips, backs of legs, feet, fronts of legs, abdomen (optional), arms and scalp, as a regular 60 minute or extended 70 minute version. In the extended, we spend even more time focusing on the areas of tension. The back, neck and shoulder massage is available as a 30 minute or extended 40 minute.

You are fully covered with a towel at all times apart from the one area being massaged. We respect your modesty at all times

Massage has many benefits which include relaxing muscle tension, relieving stress, promoting a good night sleep, boosting circulation, improvement in digestive health and aiding the removal of toxins from the body. These advanced massages all have their own benefits but are ideal for those who want more than a massage purely for relaxation purposes. They work well for clients suffering with postural issues due to work life or driving for long periods of time. They are also ideal after sports or regular exercise.

Post Treatment

- ✓ Drink plenty of water to remain hydrated and increase the benefits
- ✓ Do not rush to get off the treatment bed. We don't want you feeling lightheaded.
- ✓ Take your time, get dressed and take a seat in the relaxation area
- ✓ Drive home with the window slightly open to ensure you get enough fresh air
- ✓ Keep warm and try to relax for the rest of the day
- ✓ Avoid strenuous exercise
- ✓ Where possible, wait at least a few hours before showering so the oils can work to hydrate the skin
- ✓ Avoid alcohol and rich foods where possible, instead opting for a light meal following a massage. Reduce caffeine intake (tea, coffee, soda) to aid the removal of toxins
- ✓ You may experience erythema, which is redness to the area due to an increase in circulation. This is completely normal and a good sign that the massage is working. Erythema usually subsides very quickly once the treatment has ended

“Will this not hurt?”

The treatment is designed to work deeper but this does not necessarily mean pain. The treatment still needs to be comfortable and enjoyable so we will work with you and obtain feedback for what you are feeling in order to work at the optimum level without working too deeply. Before we apply pressure, we warm the muscles correctly and sink into them, so you will feel only a gradual build of pressure, completely within your comfort zone.

‘How will I feel afterwards?’

It is possible you will feel sleepy, lethargic, have a slight headache or even feel nauseous as the body works hard to find a balance. This is known as the healing crisis, where the body has to react in order to heal and you may feel some negative symptoms temporarily. Overall this is a great sign that the treatment is working and in general you should get an overall sense of well being and relaxation as a result of the treatment.