

So you've decided to see what Massage Therapy is all about; that's great!

But in case you have any questions about what to expect on your first visit, please review the following, and feel free to reach out with any questions you might have.

Meet & Greet

Before any hands-on treatment can happen, a thorough health history survey will need to be conducted. When you schedule online as a new client, an intake form is included in the scheduling process. If you would prefer some good ol' fashioned paper, please refer to the linked PDF on our Policies & Paperwork page, print, and complete before your appointment. This intake covers a thorough health history, and will ask you to provide information regarding allergies or sensitivities, lifestyle, stress levels, reasons for seeking massage therapy, any areas you want to focus on, and any areas you wish to avoid.

I always want you to feel heard, so please be forthcoming with any requests you may have.

Getting Started

Every massage is conducted with modesty and privacy held in the highest regard; you will disrobe to your comfort level and get settled on to the table in complete privacy. You will be under a sheet and quilt for the duration of the session,* and only the areas being worked will be exposed at any given time.

*Sports/stretching oriented sessions will take place clothed, on top of the sheets. Wardrobe choices for these sessions will be discussed well in advance of the session, but in general, stretchy athletic clothing is recommended.

During The Massage

Ultimately, you are in charge. This is your session and this is your body. Whether you are pursuing massage therapy as a way to de-stress and relax, or as an adjunct therapy for injury rehab, communication is key. I know your anatomy, but only you know your body. Massage is not a one-size-fits-all therapy. Summit Therapeutics was founded with the belief that healing is an active endeavor, and you are encouraged to play an active role in your sessions. Be vocal about what is working, and what is not working. Feedback about temperature, pressure, music volume, lighting levels, etc. is highly encouraged. The more you communicate, the more the session can be tailored to your specific needs.

After The Massage

At the conclusion of the session, I will again vacate the room while you get up and running in complete privacy. Once you are ready, plans for stretches, home-care exercises, and recommendations for future sessions can be discussed by request.