

Your First Visit:

- Please disclose any medications that you are taking or treatments that you are currently participating in when making appointment so that the massage therapist can determine if massage is appropriate for you
- Do not eat 2 hours before or consume alcohol prior to massage.
- Exfoliate skin prior to massage.
- Do not wear perfumes/colognes, tanning products, make-up or jewelry.

Common Concerns:

- Removing clothing: You can remove as much or as little as you feel comfortable with. You will be draped completely and appropriately at all times.
- The room is kept warm with candles, aromatherapy, music and low lighting. You may request changes at any time.
- Please do not bring children or pets when getting a massage.
- You may request hypo-allergenic sheets and lotions be used.
- We never disclose your personal information or anything you say to us unless you agree.
- If you are unhappy with your massage for any reason, please tell us so that we may make it right.

This Code of Ethics is a summary statement of the standards by which massage therapists agree to conduct their practices and is a declaration of the general principles of acceptable, ethical, professional behavior.

Massage therapists shall:

Demonstrate commitment to provide the highest quality massage therapy/bodywork to those who seek their professional service.

Acknowledge the inherent worth and individuality of each person by not discriminating or behaving in any prejudicial manner with clients and/or colleagues.

Demonstrate professional excellence through regular self-assessment of strengths, limitations, and effectiveness by continued education and training.

Acknowledge the confidential nature of the professional relationship with clients and respect each client's right to privacy.

Conduct all business and professional activities within their scope of practice, the law of the land, and project a professional image.

Refrain from engaging in any sexual conduct or sexual activities involving their clients.

Accept responsibility to do no harm to the physical, mental and emotional well-being of self, clients, and associates.

Your First Visit

- *Benefits of Massage*
- *Relaxation Response*
- *Contraindications*
- *Code of Ethics*

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MASSAGE FIX 

Benefits of Massage

Listed is a very brief explanation of some of the benefits and effects of massage. These effects do not occur during every massage session. The massage techniques used and the qualities of movement (rhythm, pacing, pressure, direction, duration) help determine which effects are likely to occur. The physical, mental and emotional condition of recipients and their openness to massage also might have impact on which effects occur.

Physical Effects:

Integumentary System (skin): Stimulates sensory receptors in skin, increase superficial circulation, remove dead skin, Add moisture with oil or lotion, Increase sebaceous gland excretions

Connective tissue (fascia): Improve pliability of fascia, separate tissues

Circulatory system: Increase local circulation, enhance venous return, reduce blood pressure and heart rate with regular relaxation massage

Muscular system: "Milk" metabolic wastes into venous and lymph flow, relax muscles (general and specific), relieve myofascial trigger points

Skeletal system: Increase joint mobility, and flexibility

Nervous system: Stimulate parasympathetic nervous system (relaxation), increase body awareness

Endocrine system: Release of endorphins (also involves nervous system)

Immune system: Increase lymphatic flow

Digestive system: Movement of contents of the large intestines, better digestion with relaxation

Mental and Emotional Effects:

Mental: Increased mental clarity

Emotional: Reduced anxiety, general feelings of well-being, release of unexpressed emotions

Relaxation Response

The relaxation response is a physiologic phenomenon activated by the parasympathetic nervous system. Inducing the relaxation response counters the damaging effects of a chronic stress response by bringing balance to the systems (hormones, heart rate, blood pressure, digestion etc). Specific health benefits:

Decreased oxygen consumption and metabolic rate, thus less strain on the bodies energy resources

Increased intensity and frequency of ALPHA BRAIN WAVES associated with deep relaxation.

Reduced blood lactates, blood substances associated with anxiety

Significantly decreased blood pressure in hypertensive individuals

Reduced heart rate and slower respiration rate

Decreased muscle tension

Increased blood flow to arms and legs

Decreased anxiety, fears, phobias, and increased positive mental health,

Improved quality of sleep

During the relaxation response, a person feels totally relaxed and is in a pleasant semi-awake state of consciousness. General full-body massage consisting predominantly of effleurage and petrissage, with fewer specific techniques that cause discomfort, is most likely to evoke the relaxation response. The qualities of such a session could be described as light, smooth, and flowing. The relaxing effects of this type of session may be enhanced with certain types of music, soft lighting, warm room temperatures, and little talk.

Contraindications

Contraindications are health conditions that you may have now or in the past that require (legally/ethically) that your massage therapist use certain cautions or not perform massage on you. Certain medications also create physiological conditions that make massage unsafe.

EXAMPLES:

Medication:

Anti-Inflammatory (Advil, Aleve, Motrin, Midol, etc), & Analgesics (Tylenol)

Cautions – use extreme caution with heat therapies and heavy pressure because these medications cause reduced perception of pressure and pain resulting in possible bruising and tearing of connective tissues.

Physical Condition:

Urinary Tract Infection (UTI) & Cystitis (Bladder infection)

Cautions – No massage that increases circulation may be performed on the client because bacteria from any level of the UTI can be forced upward toward the Kidneys or beyond, which is a much more serious issue that may require emergency medical attention. Massage also will increase urination, spreading bacteria to tissues closer to the outside of the body causing increased pain and itching.