

## How Will I Feel After The Massage Or Bodywork Session?

Most people feel very relaxed. Some experience freedom from long-term aches and pains developed from tension or repetitive activity. After an initial period of feeling slowed down, people often experience increased energy, heightened awareness, and greater productivity, which can last for days.

Since toxins are released from your soft tissues during a massage, it is recommended you drink plenty of water afterward (enough to make your urine clear). Most people who feel achy the day after a massage did not drink plenty of water for 48 hours after the session. If you don't drink enough water, you may feel worse the next day, like a cold is coming on or very fatigued. This just means that your body is still removing the toxins freed during your massage.

## What Else Can I Do After The Session To Prevent Soreness?

To further prevent soreness, your session should be followed with a bath in Epsom salt, baking soda, and sea salt (about 1 cup of each). This will assist the body in removing toxins and any physical soreness that resides after the treatment. You may want to refrain from vigorous exercise for 24 hours after a massage, unless you are receiving a pre-sports massage. Proper stretching is also helpful in maintaining the increased flexibility that you may experience after your massage.



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PAIN IS OVERRATED!!  
...GET MASSAGED

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# Pain is Overrated! ...Get Massaged





## Benefits Of Massage

Massage therapy has many health benefits including:

- Lowers blood pressure
- Increases circulation of lymphatic system
- Boosts the immune system
- Releases endorphins - which improve mood
- Increases clarity of thinking
- Relieves muscle tension
- Prevents injury from repetitive motions

## What is Chair Massage?

Chair massage utilizes a combination of acupressure and Swedish massage to relieve tension.. You will be seated upright on a special massage chair and will remain fully clothed. The practitioner will demonstrate how to get on and off the massage chair. No oils are used, so there is no risk of stains on clothing. If you desire a hand and arm massage with lubrication, please let your therapist know.

## Cost

\$1 per minute

## How do I Sign Up?

Contact your HR or benefits administrator. Some locations have manual sign up sheets posted on-site. Other locations utilize our on-line scheduling system.

## Professional Therapists

Our team of massage therapists are professionals. They are licensed in NH, nationally certified, insured and members of a national massage therapy association.



## 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 chair massage will include work on your back, arms, hands, head, neck, and shoulders.

## What Will The Massage Or Bodywork Feel Like?

It depends on the techniques used. Although no two massages are exactly alike, a typical session may start with broad, flowing strokes that will help to calm your nervous system and ease exterior muscle tension. As your body unwinds, pressure will be increased to relax and relieve specific areas of muscular tension. You should communicate with your practitioner immediately if you feel any discomfort so that another approach may be taken. Massage should feel good, and never painful.

## What Should I Do During The Massage Or Bodywork Session?

Make yourself comfortable. 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. Please feel free to communicate with your therapist about any discomfort either with the massage chair set up, or the massage itself, or any specific areas you would like the therapist to focus on.