



Preparation for Spa Massage

Pre-Session

- Complete Forms (if forms are not printed and filled out prior to your session, then the time it takes you to fill out paperwork may cut into your session time)
 1. Health History
 2. COVID-19 Protocols
 3. Policies
 4. Parking and Arrival to facilities
- Allow enough time find adequate parking to arrive on time to your session.
- If you scheduled a Spa Massage session, wear pants so they can be rolled up to your knees during foot bath.

During the Session

It is the client's job to breath, relax, and inform Shelby if anything needs adjusting to help make your session as comforting as possible (of course Shelby will be checking in about table warmth, massage pressure, etc).

Post-Session

- Shelby suggests creating a self-care day when you receive your Massage session. Maybe that means taking a bath, meditating, a walk in nature, practicing yoga, reading a book, drinking tea, etc. It is best to avoid scheduling major or stressful obligations the day of your session to ensure the soothing yet rejuvenating effects soak in and last for days.
- Be sure to stay hydrated and eat hearty foods.

Discloser

This is an Aromatherapy Spa Massage business, please expect to be enveloped with soothing aromatic smells that transform one's chaotic mind to a calm, balanced mind.