

Aloha!

Below you will find some basic information regarding massage as is applicable for my massage practice. If you have any questions that you would like answered prior to your session please feel free to call or email me and I will be happy to respond. Your best experience can be had when you feel comfortable, safe & informed and it is my pleasure to create that environment for you.

1) **Draping**

Let's get this one out of the way first. You are welcome to remove all of your garments for your massage and in many instances this will enable me to do many of the wonderful movements of Lomi Lomi massage without having to "jump" over clothing. That said, please undress only to your particular level of comfort and we can work with whatever that may be! You will *always* be appropriately covered and if ever you have the slightest concern about it just speak up and we will fix it right away to make you more comfortable. If you have concerns or questions please feel free to ask before, during or even after your session. There is never a stupid question when it comes to your comfort.

2) **Food & Drink**

Try not to eat a big meal just before your massage. You'll likely be most comfortable having a smaller snack just prior if you find yourself hungry. Try to drink a significant quantity of water in the 24 hours prior to your massage as well as the 24 hours afterwards. Please do not consume alcohol prior to your session.

3) **Cold? Nervous? Painful?**

Satisfy your curiosity and address any concerns you have prior to getting on the table (or speak up WHILE on the table). If you're concerned about draping, feeling cold or annoyed with the music I would much rather you speak up so that we can fix it and maximize your enjoyment of the session without worries! If the pressure isn't to your liking it is important to let me know. The same goes for the room temperature and music.

4) **Music, Sweet Music**

Music can be a powerful experience for all of us. If you happen to have an iPhone or iPod with music you would like to listen to, you are welcome to bring it and we can set it up with my speakers. If you're bringing your own music though, please make sure you know what you want and have it set up in a playlist or know the single artist you'd like to hear so that I will not have to fuss with it during your session; I can assure you that you will not want massage oil all over your expensive technology!

5) **Conversation & Silence**

Some people like to chat during their massage and some remain silent. I will follow your lead but recommend that you spend at least part of your session enjoying the opportunity to simply soak in the experience in silence. If you do remain silent there may be times when I speak up to check in with you or make an inquiry to better inform my work. Also, some of the stretching may require your input (either verbally or via wiggling fingers.)

6) **Breathing**

Breathing helps to facilitate relaxation. People often stop breathing when they feel anxious or a sensitive area is massaged. If you realize this is happening, remind yourself to breathe. Deep breaths will help bring fresh oxygen to your muscles during the massage. If you hear me taking a loud, deep breath it is likely a subtle cue for you to breathe as well! Usually you will not even realize that you instinctively joined in. It is believed that the more oxygen you bring in during a massage, the better amplified the effects will be.

7) **The Process**

- ~ After arrival you will be asked to complete a brief intake form and answer some questions about your general health and well-being.
- ~ Next, we'll discuss what you would like to get out of the session.
- ~ I will leave the room so that you can get undressed and under the sheets on the table.
- ~ At the end of your session I will leave the room again so that you can get dressed.

Core Harmonics Healing Arts

Kristen Rayner, LMP #60088318

401 Olympia Ave NE, Suite 307

Renton, WA 98056

www.coreharmonics.com

(425) 988-4000

kristen@coreharmonics.com