

# Spa Services

- Ayurvedic Therapies
- Massage
- Reflexology
- Spa Foot Treatments
- Aesthetics
- Waxing
- Customized Makeup
- Energy Therapies
- Health & Nutrition
- Yoga
- Pilates
- Workshops
- Intuitive Readings
- Stress & Anxiety Group
- Weight Management Group

# Studio

Schedule available online

**Yoga** has been steadily gaining popularity as a means to getting and staying fit & healthy as well as achieving more balance and harmony in an often-busy world. The ultimate aim of this philosophy is to strike a balance between mind and body and attain self-enlightenment. To achieve this, yoga uses movement, breath, posture, relaxation and meditation in order to establish a healthy, lively and balanced approach to life.

**Pilates** is an exercise method based on the work of Joseph Pilates. Its focus is on strengthening the "powerhouse" (abs and buttocks) to execute the exercises; which are designed to increase flexibility, strengthen muscles and improve posture. The method involves concentration and the coordination of breath and movement, thereby helping to balance mind and body.

[www.ALLaboutYOUolutions.com](http://www.ALLaboutYOUolutions.com)

# Chair Massage

FAQs



A Holistic Yoga Spa  
Committed To  
Providing Services  
That Are ...

*all about you!*

23 Village Inn Road

Westminster, MA 01473

At Exit 27 - Off Route 2

978-874-6200

[www.ALLaboutYOUolutions.com](http://www.ALLaboutYOUolutions.com)

### **What is a chair massage?**

A chair massage is a 15-20 minute massage that focuses on the high-tension areas of the neck, back, shoulders, arms & hands. Chair massage is performed on an ergonomically designed portable massage chair. You sit on the massage chair facing forward, with your head in a face rest. Chair massage is especially effective at producing therapeutic results in a brief period of time by concentrating the massage on the areas of greatest tension.

### **Scheduling**

It is important for you and others that you are on time to your scheduled appointment. When you run late, you risk the possibility of having your time cut short or having an impact on those with appointments following you.

### **What can I expect in a chair massage?**

During the chair massage session, the therapist will focus on relieving muscle tension in your neck, shoulders, and back. If you'd like work on your arms and hands please let the massage therapist know, but keep in mind that this will mean less time on the other areas.

### **Are oils used during the massage?**

No oils are used in chair massage.

### **Do I remove my clothing?**

No. During a chair massage, you remain fully clothed. At most, you may be asked to remove any jacket or obstructive jewelry during the massage.

### **What are your policies regarding cleanliness?**

The massage therapists clean & disinfect their massage chair, face-rest and hands between each massage. Each massage recipient also receives a fresh face-rest cover to ensure cleanliness.

### **What if I want more or less pressure?**

Just ask! Our massage therapists are trained to adapt to a wide variety of body types and sensitivities to pressure. The therapist will check in with you during the massage, but never hesitate to let them know your preference.

### **Can I have the therapist work on just one area?**

If you'd like the massage therapist to focus on one specific area just let them know. At the beginning of the massage they will ask if you have any specific concerns. Keep in mind, that the more time spent on this specific area, the less time spent on the other areas..

### **Will I be tired afterwards?**

It's easy to mistake a sense of relaxation for fatigue. In our experience, however, after a few minutes needed to "re-adjust" to the surroundings - massage recipients are more alert and focused than ever.

### **I'm pregnant. Can I still get a chair massage?**

Massage can be very beneficial for women during pregnancy. However, be sure to let the massage therapist know you are pregnant in so they can assure your safety and comfort. Especially if you are in the first trimester, when it is not physically obvious that you are pregnant.

### **Are there any contraindications?**

Yes. Medical contraindications include but are not limited to: uncontrolled hypertension, uncontrolled diabetes, fractures, herniated discs, malignancy, numbness or tingling in any part of the body especially the hands and feet. Please inform your massage therapist of any acute or ongoing health conditions before the chair massage.

7

### **Are gratuities or tips expected?**

Gratuities are not expected or necessary, however they are an excellent way to let the massage therapists know that they've done an outstanding job.