

Massage Therapy do's and dont's :

Drink plenty of water BEFORE and AFTER your massage session to assure the toxins released (Lactic Acid) during the session get flushed out of your system.

While your body is fully covered by sheets during the session, it is best to disrobe yourself so the area(s) being worked on is exposed while the rest of your body is covered. If this is not something you wish to do, please let the massage therapist (MT) know and make sure you wear comfortable clothing that is non-slippery.

Generally, the MT use non-perfumed, hypoallergenic lotions. If you wish 'dry' massage, please communicate that with the MT at the beginning of your session. Bear in mind that you will receive a 25 minute and 55 minute massage for the scheduled 30 and 60 minute sessions respectively.

Please be advised that based on your condition, the massage therapist has been instructed to focus on specific site(s), however, you are asked to communicate if there is a specific area that you wish the focus to be on that day.

Generally, while most people think the deeper the massage, the more effective the session, physiologically speaking, that is not true. Our massage therapists have been trained to apply small amount of pressure, looking for a muscular response that then allows them to go deeper and deeper. This technique of massage will yield the fastest progress while eliminating the soreness associated with non-therapeutic massages experienced the day or two after the session.

Your feedback during the massage session will only ADD to the effectiveness of your therapeutic massage and is therefore recommended.

Tipping the MT is not required but is left at your discretion.

Please keep in mind that the time scheduled for massages are strictly reserved for you, therefore a 24 hour notice of cancellation is required.

Please do not hesitate to ask any questions you may have regarding the massage or any part of your care at Irvine Spine & Wellness Center.

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