

What do I wear during my massage?

Depending on the primary technique your therapist uses, you may or may not need to undress. For a full body massage, most people undress completely. However, you may choose to wear underwear. It is entirely up to you and your personal comfort. Your massage therapist will give you privacy to undress and, at all times, your body will be fully draped with a sheet and blanket except for the area being worked on.