

Make yourself comfortable during your massage appointment. If your therapist wants you to adjust your position, she or he will either move you or will ask you to move what is needed. Otherwise, change your position anytime to make yourself more comfortable. Many people close their eyes and relax completely during a session; others prefer to talk. It's up to you. It is your massage and you will be able to relax best if you do what feels natural to you. Do not hesitate to ask questions at any time.