



## Elements of Health Frequently asked Questions

### **Are you accepting new clients?**

Yes, we are a busy practice. For Massage Therapy we have highly skilled massage therapist to take care of your wellness needs.

Yes, Intro to Acupuncture appointments are being offered with Dr. Shawnte' Peterson, our full Acupuncture schedule opens in January 2025.

### **Do you accept walk-ins?**

We encourage booking your appointment. We rarely have same day appointment availability. It is best to call or book online

### **Are there different kinds of massage and bodywork?**

There are numerous types of massage and bodywork; various techniques utilize different strokes, including basic soothing strokes, rocking movement, posture and movement re-education,

application of pressure to specific points, and more. We offer several styles of massage and your massage therapist can discuss which methods may be most appropriate for you.

### **What should I do during the massage or bodywork session?**

Prior to the massage, feel free to ask the massage practitioner any questions about the technique. During the massage, make yourself comfortable.

The practitioner will either gently move an arm or leg you or tell you what is needed throughout the session (such as lifting your arm). Many people just close their eyes and completely relax, communicating if/when they need more or less pressure, would like the heat on the table turned off or on; maybe you need an extra blanket, or anything else relevant to the session.

If you have any questions regarding the session or about the particular technique you are receiving, feel free to ask your massage therapist.

### **How will I feel after the massage or bodywork session?**

Most people feel very relaxed. Some experience freedom from long-term aches and pains developed from tension or repetitive activity. After an initial period of feeling slowed down, people often experience increased energy, heightened awareness, and greater productivity which can last for days.

### **What are the benefits of massage and bodywork?**

Massage and bodywork can help release chronic muscular tension and pain, improve circulation, increase joint flexibility, reduce mental and physical fatigue and stress, promote faster healing of injured muscular tissue, improve posture, and reduce blood pressure. Massage and bodywork is also known to promote better sleep, improve concentration, reduce anxiety and create an overall sense of well-being.

### **Can I get a massage during or after pregnancy?**

Yes we have trained team members to care for women during pregnancy and after giving birth. Please give the office a call to ensure we have a skilled team member available for you.

### **When should I avoid receiving a massage?**

Massage Therapy is safe in general, however a few conditions that might prevent you from receiving a massage are if you are feeling unwell, fever, common cold, contagious skin condition. First trimester of pregnancy if you are high risk. Active chemotherapy sessions may need a medical clearance to ensure therapeutic massage is recommended for you while under treatment. High risk pregnancy will need a medical clearance letter.

### **Are there any medical conditions that would make massage or bodywork inadvisable?**

Yes. That's why it's imperative that, before you begin your session, the practitioner asks general health questions. It is very important that you inform the practitioner of any health problems or medications you are taking. If you are under a doctor's care, it is strongly advised that you receive a written recommendation for massage or bodywork prior to any session.

Depending on the condition, approval from your doctor may be required.

### **Do I have to be completely undressed?**

You may undress to your level of comfort. Many people prefer to keep their under garments on, while some chose to be nude. The Virginia Massage Board guidelines mandate draping in our state. You will be draped with a sheet and blanket/ covered except for the area the massage therapist is providing massage therapy technique. Some wellness services such as Ionic Foot detox, Reflexology, stretch you can keep your clothing on for your service.

### **What is the suggested gratuity for massage therapy session?**

You may leave a gratuity to show your appreciation for the level of service the professional massage practitioner has offered you. When you check out there will be tip options based on the full price, in case you receive a discount. Our Massage Practitioners love this work and are so proud of being a part of your wellness and your gratuity can reflect your level of satisfaction.

### **How often should I get a massage?**

Each individual has bodywork needs that we may suggest frequent increments of massage for improving a condition or reducing pain. Receiving a massage regularly has the most benefit for physical needs, emotional needs and management of a chronic condition. Having a massage at the change of each season is a nice way to incorporate a body check-in and unwind and release stress from work and life. With the Elements Wellness membership, we offer discounted rate for monthly massage treatment sessions with several member perks!