What to expect at your massage appointment.

On arrival you’ll enter our relaxing zone where we’ll welcome you and seat you for a quick consultation- to ensure your safety, and understand what results you’re looking for- before we proceed with the massage treatment. We pride ourselves in what we do and are trained to maximize the value you receive.

You may wish to go to the bathroom before your massage- and be sure to let us know during your massage, if you need to. We want you to enjoy your massage to the fullest!

Then we enter your treatment area and advise you on what clothes and jewellery you need to take off and where to place them. Be sure that your privacy, and ours, is something we take seriously. We only uncover the area to be treated and you will be handled with care and respect.

You’ll then be left with enough time to undress, lie down, and to get a feeling of the atmosphere before the therapist asks for your permission to enter the room.

Then you’ll receive the massage that’ll have you feeling like a newborn again :)

During the massage, you may become a little talkative, or a little giggly, or a little sleepy, overwhelmed with emotions, or even a little giggly! These are all natural phenomena during an effective massage and we’ll make sure you’re comfortable with yourself.

After your massage, you’ll be ready to rehydrate, and be on your way, with a spring in your step and a relaxful aura surrounding you.

If you’d like to book your next appointment before you go, we advise that you do! A scheduled and consistent time for yourself is always better.

We look forward to seeing you.