

## **Additional Information**

Please plan to arrive five to ten minutes prior to your scheduled appointment time. Your massage therapist will allow fifteen minutes past your scheduled appointment time before considering your appointment a "No Show." Once you enter the rec center lobby area, let the front desk attendant know that you have arrived for your massage appointment. During this time you can fill out the required Massage Therapy Health History Questionnaire if you have not already done so.

If you are a returning client, you will only need to fill out this form each time there is any change to the condition of your health, or if it has been longer than three months since your last appointment. The massage therapist will review your form as well as go over the procedures, techniques, and expectations with you before your massage - and answer any questions or concerns you may have.

## **What to Wear**

Everyone has different comfort levels when it comes to receiving a massage; therefore, it is up to you to decide what you wear during your massage. Only the section of your body being massaged will be exposed (the rest of your body will be covered by sheets). The main communication that needs to happen during your massage is for your comfort level, if you need more or less pressure, and/or if you experience pain in certain areas. General conversation during your massage is not necessary; you can talk as much as you would like or not at all.

Our massage therapists use USDA-certified organic lotion or oil, which is non-allergenic and non-comedogenic. It leaves your skin feeling soft, smooth, and conditioned - not greasy, oily or sticky.

## **Location**

The massage therapy rooms are located on the mid-level of the Maverick Center inside the Hamilton Rec Center, in the back hallway just north of the basketball courts.

## **Special Needs**

If you have any specific needs, such as a disability, health concerns, or are pregnant, please let us know in advance so the massage therapist allows plenty of time before and after your massage; and we can make the proper accommodations.

For answers to any other questions, please contact Kylie Holley, Manager of Wellness & Fitness at

970-248-1234 or [kholley@coloradomesa.edu](mailto:kholley@coloradomesa.edu)