

## Let's Talk

### Communicating with Your Massage Therapist

Sharron Leonard

People get massages for a variety of reasons. Perhaps you're seeking stress relief from the weekly work commute or your wanting to cleanse your body of toxins. Or maybe massage is helping you recover from a sports injury or surgery. Whatever your reasons, it's absolutely important that you explicitly communicate to your therapist the reason you made the appointment. Otherwise you run the risk of not getting what you want.

In addition to explaining any wellness requirement, you also need to clarify your comfort needs during the session so that you feel completely at ease. Most practitioners work to create an appropriate environment with elements

#### The Body

Sandy Anderson, owner of Relaxing Moments Massage in Reno, Nevada, asks at the beginning of each appointment, "What is the focus of our session today?" -- whether it's the client's first or 21st appointment with her. The therapist needs to know your wellness context. Even if she has your health history, circumstances -- and bodies -- are always changing. Perhaps you were traveling for the last two months spending significant time in cramped seats on airplanes. Maybe you're training for a marathon race, logging numerous miles each week. Or, a more likely scenario, you're stressed and feeling emotionally tapped.



Communicating with your massage therapist is always important, but especially for new clients.

such as the temperature, music, aromatherapy, and table setting. But if anything makes you uncomfortable, feel free -- or rather, feel responsible -- to say as much. Your therapist is as interested as you are in making sure you get what you want from the massage, and building a communicative partnership is key. Remember, communication is a two-way street.

Furthermore, it's important she or he knows about your massage preferences that just make your massage more pleasurable, such as getting extra work on your feet or ending the session with a face massage. Perhaps it's important to you to have the therapist "stay connected" by keeping her hands on you

Continued on page 2

*Dost thou love  
life?  
Then do not  
squander time,  
for that is the  
stuff life is  
made of.*

-Benjamin Franklin

#### Office Hours and Contact

**Lane Alexander**  
Rehab Therapist, LMT, CKTP, &  
Kinesio Tex Tape Distributor  
502-994-9096  
<http://motusmassagetherapy.com>  
<facebook.com/motusmassagetherapy>

#### In this Issue

**Let's Talk**  
**Are Your Candles Safe?**  
**Handwashing for Your Health**

Continued from page 1

rather than, for example, going from your feet to your shoulders. By simply letting her or him know of any such information can vastly improve your session.

## The Setting

"I have designed my treatment room to offer a basic comfort level based on my professional experience," Anderson says. "But I need the client to tell me if something is not to her liking. For example, I have provided a small fountain that I thought provided soothing background sounds, but two of my clients have requested that it be turned off because it made them feel as though they needed to run to the restroom."

One important amenity issue that should be discussed by the client and the therapist is massage-table comfort. "I use a heated table covered with a sheet and a blanket because as the active therapist I need the room temperature lower than what is comfortable for the client," Anderson says. "Then I ask the client what adjustments she might want me to make." Even if your therapist doesn't specifically ask about the temperature, background sounds, aromas or whatever other subtle amenities in the room, if there's something that's making your massage less than great, be sure to discuss it with your practitioner.

## The Conversation

Conversation can sometimes be a point of contention. Because some clients like to talk during a session while others prefer silence, Anderson believes it's up to the client to dictate this aspect. She does not inhibit talking nor does she initiate conversation if the client is silent. If you want to tactfully make certain your therapist is not overly conversational, it is appropriate to say something like, "You will find that I am not very talkative. I just like to totally relax during this time." While your practitioner may communicate aspects of the massage, don't necessarily take this for her trying to make conversation.

Angie Parris-Raney, owner of Good Health Massage Therapy in Littleton, Colo., believes it's very important for the therapist to explain her actions so the client is not surprised. "Whether I'm

easing a first-time massage client's apprehension by explaining I will only be uncovering one part of the body at a time or I'm doing a rehabilitation treatment for injury, illness or surgery, I have learned from experience the client wants detailed information on what is going to happen," Parris-Raney says. "It is also helpful if she tells me how she feels about what I am doing. Is the stroke too deep or too light? Does she want me to use a slower or faster pace?" If you are unclear about an expectation or a procedure, even if it is something as simple as, "Where is the safest place to put my jewelry?" feel free to ask.

Massage client Andrea Scott explains her frustration with one massage session where she wishes she'd been more vocal. "I like deep tissue massage, and the practitioner was giving me a very light Swedish massage," she says. "I just didn't

feel like I was getting anything out of it and found myself looking forward to the session just being over. For some reason, I thought it would be rude to say anything, but in retrospect, I'm sure she would've appreciated it." Instead, notes Scott, she left disappointed and the massage therapist never had a chance to address the issue.

Your goal as the client is to get what you are specifically seeking in each session. Your practitioner wants the experience to meet your expectations and will appreciate you verbalizing your wellness requirements and personal comfort needs. Your massage therapist is your partner for healthy living, but you need to speak up.



**A massage will be much more beneficial if you let your practitioner know what you need.**

# Are Your Candles Safe?

## How to Choose Toxin-free Flames

Glynnis Osher

There is nothing like the inviting glow of a candle to make us feel relaxed, guide us into a meditative state, or harmonize the ambiance of a room. With all these life-enhancing attributes, it is troubling to think that many candles are toxic and doing more harm than good--but that may be the case.

### The Problem

Most candles today are made from paraffin wax, a petroleum by-product that emits toxic fumes and soot into the air. There are up to eleven known carcinogenic compounds in paraffin candles that are considered toxic air agents by the state of California. Burning these candles can cause harm to the heart, lungs, circulatory, and nervous systems, especially a concern for young children, the elderly, and those with asthma or other already established respiratory problems. In addition, the burning of the fragrant oils in scented candles can create significant air pollution, as well.

Another possible hazard: wicks. While U.S. candle makers voluntarily agreed 25 years ago to prohibit lead wicks, some imported candles may still contain lead. Ensure you're burning cotton wicks only.

### The Solution

The good news is, you can still enjoy burning candles because there are safe and healthy alternatives. Conscious candle choices include beeswax and the increasingly popular soy wax. Unlike petroleum, soy is a sustainable and renewable resource. Soy wax is a vegetable by-product that is biodegradable and nontoxic. Many candle enthusiasts prefer soy candles because they burn clean and release very little or no soot into the air. Also, because soy wax is water soluble, clean up is easy and containers can be easily washed and reused. Another benefit of soy wax is the cooler burning temperature, making for a much longer burning candle.

For more information visit the website [www.themysticmasala.com](http://www.themysticmasala.com).



Candles are for relaxation, not toxification.

# Handwashing for Your Health

## How to do it and why it helps

You know that washing your hands is important, but studies suggest that washing frequently and thoroughly can help keep you, and the people you come in contact with, healthier.

### Clean and Healthy

Researchers in Denmark instructed students to wash their hands three times a day. According to the study, which was published in the American Journal of Infection Control (August 2011), the children that learned new habits significantly reduced their amount of absences due to illness.

### Sanitizers or Soap?

A study by the American College of Preventive Medicine showed that alcohol-based hand sanitizers are less effective than soap at preventing

outbreaks of norovirus in long-term care facilities.

The Centers for Disease Control and Prevention (CDC) recommends using these sanitizers with at least 60 percent alcohol. Here is some more hand-washing advice from the CDC:

### When Should You Wash Your Hands?

- Before, during, and after preparing food and before eating
- Before and after caring for someone who is sick
- Before and after treating a cut
- After using the toilet or changing diapers
- After blowing your nose, coughing, or sneezing
- After touching an animal or animal waste

--After touching garbage

### What Is the Right Way to Wash Your Hands?

- Wet your hands with clean, running water and apply soap.
- Rub your hands together to make lather, then scrub the entire hand.
- Don't forget the backs of your hands, between your fingers, and under your nails.
- Continue for at least 20 seconds.
- Rinse your hands well under running water.
- Dry your hands using a clean towel or air-dry them.

*The happiness of  
your life depends  
upon the quality  
of your  
thoughts;  
therefore guard  
accordingly.*

-Marcus Aurelius

It's easy to be reminded about how fast things change in this season when we will see leaves turn: from green to all sorts of stunning colors, then brown, and finally let go and descend to litter our yards with another chore for the month. It is also a reminder that our bodies are also changing and a well-maintained machine operates much better than one which isn't. Remember to invest in your health this fall and book a massage to help improve your own wellness. It has long been documented that massage is not just a "spoil me" item, but has tremendous benefits for day to day living. Please contact the office or book your appointment online now on the Hours and Scheduling tab of our website: <http://motusmassagetherapy.com>, or book on our facebook page at [www.facebook.com/motusmassagetherapy](http://www.facebook.com/motusmassagetherapy). Like our page while you're there and get \$10 off your next session. Thanks in advance and make this a great day because they rarely happen by accident!

## The Motus Massage Therapy Clinic

4800 Sherburn Ln Ste C  
Louisville, KY 40207-4197



**Member, Associated Bodywork & Massage Professionals**