

Order of Massage

The following is a guide to the order and timings of a massage.

Client care before the massage

- i. Prepare the room and the work area
- ii. Take the client's coat and bags and put them somewhere safe and escort the client into the room.
- iii. Carry out the consultation on the client.
- iv. Ask the client to change, either into a robe or so he/she can get straight onto the couch.
- v. Cover the client with towels.
- vi. Throughout the massage, areas not being treated must be kept covered and areas being treated must be well supported.
- vii. It is essential that the client is comfortable and warm to aid relaxation.
- viii. All essentials must be immediately to hand so that continuity of the massage may be maintained.

Order and approximate times:

Start with the client on his/her back. A small towel or pillow can be placed under the knees for comfort.

- i. Left leg - 7 mins
- ii. Right leg - 7 mins
- iii. Right arm - 5 mins
- iv. Chest - 7 mins
- v. Left arm - 5 mins
- vi. Abdomen - 5 mins

Turn the client onto his/her stomach. Place a small pillow under the abdomen if the client has large breasts.

- i. Back of the right leg - 5 mins
- ii. Back of the left leg - 5 mins

iii. Whole of the back - 15 mins

These are only guidelines; you can alter the procedure and timing if your client requires something else.