

Massage Therapy

Salon Preparation:

- Your couch is prepared using clean blankets, clean towels and disposable coverings
- Your trolley is lined with couch roll
- On the trolley you have:
 - sweet almond oil
 - surgical spirit
 - two bowls lined with tissues to hold jewellery and cotton wool pads and tissues

Personal Preparation:

- Wear clean protective clothing and suitable low-heeled shoes
- Long hair should be tied back
- Remove all jewellery (wedding ring excepted)
- Nails must be short and tidy

Client Care:

- Welcome the client
- Indicate what clothing they need to remove
- Indicate what position on the bench they need to be in
- Place the clients' shoes under the bench
- Couch roll should be placed under the couch for them to stand on
- Clearly explain the treatment procedure
- If the client wears spectacles, lenses or jewellery, place them securely where they can be seen by the client
(removal of contact lenses is only necessary if the client is to receive a facial massage)