

## Welcome

*Allow yourself to be pampered...*

*You deserve it!*

### What is Massage Therapy?

Massage is a manual manipulation of the body's soft tissue for the purpose of stimulating circulation and promoting relaxation. Massage allows you a quiet time to focus on yourself and become more connected to your body.

Massage is generally used for the reduction of stress and pain. It has been shown to boost the immune system as well.

Since most diseases are exacerbated by stress, massage may help you to become and stay healthier.

### Massage Therapy may help with the following:

- awareness of mind/body connection
- range of motion and posture
- muscle aches and pains
- circulation of blood and movement of lymph fluids
- stress reduction
- sleep problems
- depression
- enhancing athletic performance



### Recommendations & Precautions

Before a massage treatment session, avoid large meals or any alcohol. It is a good idea to drink plenty of water after a massage session, which will help you to flush toxins out of your body.

It is also a good idea to give yourself plenty of time before and after your massage session, so you do not feel rushed.

Taking a hot shower prior to your massage session will also help to relax your muscles; making your massage experience more effective.

### You should always tell your massage therapist in advance if you:

- \* are, or think you might be, pregnant
- \* have any medical conditions or are receiving any treatment or medication
- \* have recently had an injury or operation
- \* are allergic to anything, particularly skin allergies
- \* have any broken skin as this may affect the kind of oil and treatment you receive

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### Indigo Visions Massage Therapy

Various Location: West Seneca

Indigo Visions is owned and operated by  
Tom Milano, LMT

Mailing Address:  
PO Box 412  
Buffalo, NY 14207

716.906.9553 (Cell)  
E-mail: [tmmt88@gmail.com](mailto:tmmt88@gmail.com)

## Massage Therapy Information Guide



### Indigo Visions Massage Therapy

716.906.9553

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[www.indigomt.com](http://www.indigomt.com)

[tmmt88@gmail.com](mailto:tmmt88@gmail.com)



Massage is one of the oldest healing arts. Massage Therapy has been used by various world cultures for many years. Chinese records dating back 3,000 years document its use.

Massage and other forms of bodywork can be defined as the application of soft-tissue manipulation techniques to the body, generally intended to reduce stress and fatigue while improving circulation. The many variations of massage account for several different techniques, such as Shiatsu and Reflexology.

Massage involves manipulating soft body tissue with pressure – structured, unstructured, stationary, or moving – tension, motion, or vibration, done manually or with mechanical aids. Target tissues may include muscles, tendons, ligaments, skin, joints, or other connective tissue, as well as lymphatic vessels, or organs of the gastrointestinal system. Massage can be applied with the hands, fingers, elbows, and forearms. There are over eighty different recognized massage modalities. The most cited reasons for incorporating massage as therapy have been client demand and perceived clinical effectiveness.

### **Massage Therapy Environment**

Professional massage therapy is conducted while the client being treated is lying on a massage table or sitting in a massage chair. Relaxing background music is played during most massage therapy sessions.

### **Clothing for a massage therapy session.**

A massage therapy client may be fully or partially unclothed, based on their individual level of comfort. The client's body is covered with sheets or towels. Only areas of the body which are being massaged are exposed for limited periods of time during the massage therapy session.

### **Energy Work**

Energy work, consists of balancing the chakras (wheels of light) within the body. By clearing and/or opening the chakras within the human anatomy, individuals are empowered with vibrational balance and harmony; thus, encouraging overall well-being for the mind, body, and soul. The principle behind energy work is that universal energies surround us and are available to us for enhancing life experiences. Energy work is a therapeutic method of deep purification that releases old traumas and fears that limit our natural healing capabilities. Through the process of energy work, our chakras open and relinquish heavy energy blockages. By means of energy work, an individual gains mind clarity, understanding, and heightened awareness. Clients are fully clothed during an Energy Work session.

### **Relaxation Massage**

A relaxation massage is usually a full-body treatment involving soft music, soft lighting and sometimes aromatherapy oils. You will have a long, luxurious massage which will use all kinds of techniques including soothing, gentle kneading and rolling of skin and muscle. This is the massage to choose if you just want to temporarily disconnect from the world around you and be pampered and spoiled.

### **Therapeutic Deep Tissue Massage**

Therapeutic deep tissue massage is a goal-oriented massage. With this type of massage session, the massage therapist may use his/her forearms, elbows or thumbs to apply pressure. Deep tissue work may incorporate various massage techniques (e.g., Shiatsu) which are used to loosen the muscles in specific target areas, such as shoulders or feet.

**What can I expect during a Massage?** Before your massage, the massage therapist will gather information about you, such as any allergies, recent surgeries, illnesses or accidents, whether you are pregnant, what medications you are taking, if you have previously had a massage, the type of massage, and how long ago you experienced a massage session.

After the initial assessment, you will have a few minutes to yourself in the room to get onto the massage table. The massage therapist will leave the room to provide you with some privacy. At this point, you may get undressed, taking off only the amount of clothing with which you are comfortable. There will be space provided for your personal items and clothing.

### **\*Massage Precautions - See Back Panel\***

During the session, the massage therapist will check with you about the amount of hand pressure utilized. You are encouraged to provide feedback at any time during a massage to ensure that you get the most out of your session.

### **How do I make an appointment?**

Please call or visit our office to schedule an appointment.

### **How much does a session cost?**

30 minutes session: \$60.00

60 minutes session: \$120.00

90 minutes session: \$180.00

120 minutes session: \$240.00

### **Check website for available discounts;**

**including Multiple Session Discounts.**

[www.indigomt.com](http://www.indigomt.com)