Chair Massage FAQ’s

**What is a chair massage?** Chair massage is a 10-20 minute massage that focuses on the high tension areas of the neck, back, shoulders, arms & hands. Chair massage is performed on a specially designed portable massage chair. Chair massage is especially effective at producing therapeutic results in a brief period of time by concentrating the massage on the areas of greatest tension.

**How much space do you need?** Space requirements are minimal - only a small 5' x 6' area is needed for the therapist to set up their massage chair and have enough room to move around comfortably.

**Do I remove my clothing?** No, chair massage recipients remain fully clothed. At most, you may be asked to remove any jacket or obstructive jewelry during the massage.

**Do you use oils?** No oils are used in chair massage. Sometimes lotion is applied during hand massage. Please let your therapist know if you prefer no lotion.

**What about hygiene?** The therapist will clean & disinfect their massage chair and hands between each massage. Each massage recipient also receives a fresh face-rest cover to ensure cleanliness.

**What if I want more or less pressure?** Just ask! Our therapists are trained to adapt to a wide variety of body types and sensitivities to pressure. The therapist will check in with you during the massage, but never hesitate to let them know your preference.

**I'm sensitive to fragrances, can I exclude aromatherapy?** Just let the therapist know. The aromatherapy diffuser can be easily removed.

**What can I expect in a 10-minute chair massage?** During the 10 minute session, the therapist will focus on relieving muscle tension in your neck, shoulders, and back. If you’d like work on your arms and hands please let the massage therapist know, but keep in mind that this will mean less time on the other areas.

**What can I expect in a 15-minute chair massage?** During the 15 minute session, the massage therapist will work on your neck, shoulders, back, arms & hands. If you’d like more time spent on one specific area, just let the therapist know.
What can I expect in a 20-minute chair massage? A 20 minute session allows the massage therapist do in-depth work on your neck, shoulders, back, arms & hands. Also any specific areas of concern can be thoroughly addressed.

Can I have the therapist work on just one area? If you’d like the massage therapist to focus on one specific area just let them know. At the beginning of the massage they will ask if you have any specific concerns. Keep in mind, that the more time spent on this specific area, the less time spent on the other areas.

Will I be tired afterwards? It’s easy to mistake a sense of relaxation for fatigue. In our experience, however, after a few minutes needed to "re-adjust" to the surroundings - massage recipients are more alert and focused then ever. In fact, research has shown chair massage recipients to be even more alert than before.

Am I expected to tip? Gratuities are not expected or necessary but they are appreciated by our therapists. If you choose to tip, the average amount is 10-20%.

I'm pregnant. Can I still get a chair massage? Massage can be very beneficial for women during pregnancy. However, be sure to let the massage therapist know you are pregnant so they can assure your safety and comfort.

Are there contraindications for chair massage? Yes. Medical contraindications include but are not limited to: uncontrolled hypertension, uncontrolled diabetes, fractures, herniated discs, malignancy, numbness or tingling in any part of the body especially the hands and feet. Please inform your massage therapist of any acute or ongoing health conditions before the chair massage.
Corporate Chair Massage FAQ’s

**What is corporate chair massage?** Performed on-site at your company, chair massage is a 10-20 minute massage that focuses specifically on high stress areas - the neck, back, shoulders, arms & hands. A specially designed portable massage chair is used to perform the massage. Chair massage provides wonderful results in a short amount of time because there is a concentration of work on areas of high tension.

**How much space do we need?** Minimal space is required - only a small 5' x 6' area is needed for the therapist to set up their massage chair and have enough room to move around comfortably. An empty office or meeting room is ideal - though our massage therapists are flexible and can work in a variety of locations to suit your specific situation.

**What areas do you service?** Currently, we provide massage within and all around the Washington, DC Metropolitan area. This includes, but is not limited to: Baltimore, Silver Spring, Rockville, Tyson’s Corner, & Richmond.

**What are your rates?** Our rates range from $50-80 per hour based on the city of service. Call or email us and we can give you a custom quote.

**Do you offer discounts?** Yes - we do offer discounts for repeat clients & volume discounts for large jobs. We also offer a 15% discount for Non-Profit Organizations. Please contact us for more details.

**Are there any extra costs involved?** Our rates are all-inclusive. They include transportation to your site, set-up of equipment, on-line scheduling, aromatherapy, relaxing music & the services of an insured massage therapist.

**How do I schedule a visit?** Give us a call or book online. We’ll discuss your specific needs. Once we determine the date, duration, and number of therapists for your visit, we’ll send you a confirmation e-mail with all the details.

**How do we pay for your services?** For first time customers we require payment on or before the day of service. We accept company check and major credit cards.

**What's your cancellation / refund policy?** In order to receive a full refund, cancellations must be made at least two days before your scheduled visit.
Are your massage therapists trained? All of the massage therapists that work with Sensational Touch Massage are professionally trained. Upon request, we would be happy to provide you with the documentation of any therapist(s) we send to your company.
Event Chair Massage FAQ’s

How many massage therapists will I need for my event? The ideal number of therapists needed for your event will be determined by various factors including - expected traffic, available space & your budget. Contact us and we’ll help determine the best strategy.

How long should the massages be? For conventions, trade-shows and events - we recommend starting with 10 minute chair massage sessions and adjusting according to traffic.

How much space is needed? Very little space is needed - usually a 5x6 foot area is sufficient for the massage therapist to set up their chair & equipment and have enough room to move around the chair easily.

Can you provide an attendant for the event? For larger events, a booth attendant can be included in your quote - just let us know what your needs are.

What will the therapists wear? The massage therapists can wear their {Massage Therapists} professional oxford shirts or they can wear any branded clothing or promotional items you would like them to wear.

Do you offer event services other than chair massage? Yes we do! We offer full mobile day spa services, including facials, massage, body treatments, hand and foot spas, and more. Contact us and we can custom design an experience for your event.