

General Questions

Q. **I have high/low blood pressure, is it safe to have a massage?**

A. *Yes, however I prefer to discuss issues like this prior to the massage. You may just need to be aware that massage can push the medication through the bloodstream a little quicker, therefore your timing for taking the medication may need to be altered slightly.*

Q. **Can I eat before the massage?**

A. *Try to refrain from eating a full meal 2-3 hours before the massage; the reason is that having a massage on a full stomach will make you feel very nauseous and queasy. (Especially with the Thai massage!)*

Q. **I notice you say you have therapies for people aged up to 80 years old! I am 60 years old, would Thai massage be suitable for someone of my age?**

A. *Yes of course, I have carried out a Thai massage on a 72 year old client who very much enjoyed it and has been back for more treatments! I will only work as hard as your body allows me, so age is of no relevance.*

Q. **I would like to buy a present for someone, do you have vouchers available?**

A. *Yes, I have vouchers readily available; these can either be sent to your address or the recipients for your ease.*

Q. **I have a skin condition, can I still have a massage?**

A. *Yes, although I prefer to have a short discussion on the condition prior to the massage, just to make sure you are comfortable.*

Q. **I do regular exercise and would like to add a complimentary therapy to help my performance, what would you recommend?**

A. *Any of my massages can help with sporting performance. I would recommend a mixture of all three, with sports massage regularly after training and a fortnightly/monthly body boost with the Thai Massages.*

Q. **What hours are you available to book massages?**

A. *Depending on the treatment you require, here are my hours of availability:*

	<i>Morning</i>	<i>Afternoon</i>
<i>Monday</i>	-	18:30 – 20:30
<i>Tuesday</i>	<i>Baby Massage</i>	14:00 – 20:30
<i>Wednesday</i>	-	18:30 – 20:30
<i>Thursday</i>	9:00 – 12:00	<i>Baby Massage</i>
<i>Friday</i>	-	18:30 – 20:30
<i>Saturday</i>	9:00 – 13:00	-