

What to Expect

After your appointment is booked

An email and/or text message will arrive two (2) days before your appointment to confirm. This is the time to cancel your appointment if you can no longer make it, to ensure no fee(s) applies.

New Clients

Please arrive 15 minutes before your appointment time to give yourself adequate time to fill out the health history. A current health history is required for all massage, foot reflexology and eye lashes appointments.

What to bring to your appointment

Please bring any gift certificate / coupon / voucher / membership cards that you intend on using at your appointment. Failure to do so will mean full payment for service. No exceptions.

Doctor's release for service appointment. Please refer to our Page what happens if I am sick for a full list of recommendations about possible health conditions that require a doctor's release.

Forms page will give the necessary printable documents to be upload on the contact page. Emailing finished form is expiable also (mollysmassage123@gmail.com).

What to wear for your appointment

Comfortable clothes that you don't mind oil from the products that we use on the clothing. We will try to accommodate to the best of our ability. We are not responsible for damage to clothing that could occur.

Medical Massage

Sometimes a medical massage will require a sport bra or athletic clothes for best results.
Swimming suit for Pastoral Assessment.

Hot Stone Massage

Be sure to wear old clothes due to the oils that are used heavily throughout this appointment.

Pedicure / Red Dragon

Wear pants that easy go above your knees and flip flops to ensure toes stay polished.

Makeup / Updo

Wear a shirt that buttons up the front and wash your hair "the day before." Dirty hair is better to style.

Aromatherapy (full service)

Shower the day of your appointment and wait 24 to 48 hours after your appointment to re-shower. This allows you to get the maximum benefits and for the oil to penetrate the skin.

Should you eat before your appointment?

You should eat a healthier meal about two (2) hours before your appointment to ensure a comfortable experience. Eating right before your appointment is not recommended. Increase your water intake starting two days before your appointment and the day of your appointment to ensure good quality massage. It will help with muscle soreness.

During your massage

Be sure to use the restroom before getting on the table!

Communication is important during all massages, but is especially important during deep tissue and medical massage to ensure your safety. Soft music will be playing along with different sounds to help you clear your mind, relax and unwind. If you would like anything specific, please let us know.

Low lighting unless your licensed massage therapist needs more lighting for different services.

Bed warmer to ensure you don't get chilly. Extra blankets can always be added if your still cold. Please let us know if you need the temperature adjusted.

Enhancements can be add to any appointment to maximize your experience.

Farting is common during massage, along with noises from other internal organs.

After your appointment

Be sure to watch your email for your reward!

Swiftly rebooking is recommended to ensure you get your preferred time and date for your next appointment.



Molly's
Massage & More