Choosing a Massage Checklist

Helps the reader choose a massage style that fits their needs and book it safely.

- [ ] Decide whether you want a massage for relaxation or for a specific health issue.
- [ ] Tell the therapist what you are looking for and ask about their style.
- [ ] Consider deep tissue massage for chronic tension patterns and muscle injuries like back sprains.
- [ ] Consider Swedish massage for muscle tension and recovery after an injury.
- [ ] Consider reflexology if you prefer not to be touched everywhere.
- [ ] Ask about the length of the session, which can range from 5 minutes to 2 hours.
- [ ] Talk to your doctor before a prenatal massage.
- [ ] Check with a doctor before a massage if you have had leg pain.
- [ ] Be aware that rare serious side effects have been linked to intensive massage or higher-risk individuals.

Notes

For general education only. Not a substitute for professional medical advice.
Read the full article: https://healthhorizonguide.com/massage/types-of-massage-in-summer/