



What should I wear to have my massage treatment?

Oh, the horror of wondering to what extent you need to strip off for your treatment! For anyone who has never had a massage before, there may be some questions you have beforehand. One of those could be that you don't know what you should wear during the session. It is a good question because not all massages are the same, and therapists have different preferences.

A therapist will usually tell you what to keep on or take off, but if you are not comfortable or are unsure – speak up! You should undress to your comfort level. You will be draped appropriately with a sheet for the entire session, and a therapist will only uncover the area of your body being worked on at the time. It is perfectly acceptable to wear your underwear for your treatment.

There have been many occasions when I leave the treatment room so that the client can change, and I come back greeted with the client lying on top of the table, not under the sheet in just their underwear. I understand that some clients are comfortable with this, but I always have to ask these clients to get under the sheet.

Ultimately it is up to the client what they choose to wear, and what they are most comfortable with. As therapists, that is our main priority, the client's comfort.

Here are some key points to keep in mind:

Come to the massage dressed as you usually would be anywhere.

Dress down to your own, personal comfort level, and we will work around whatever you decide.

Women, if you choose to keep your bra on, the therapist may need to unhook your bra while you are on the couch, but will always ask for your permission beforehand. However, a Sports Bra without a back fastening will need to be removed for an effective back massage.

Please, DO NOT start undressing before the therapist leaves the room, and always get under the sheet before the therapist comes back in.

Remove obstructive jewellery before getting on the table — necklaces, 'dangly' earrings, watches/bracelets etc. Rings on your fingers are fine.



For women, having a hair-band available is never a bad idea.

You can keep any clothing on that you choose if you know that is an area that won't be worked on, or that you do not wish to have worked on. If you're only getting your neck/upper back treated, keeping your trousers/socks on is totally fine.

When in doubt, ask your therapist if you should wear/bring anything specific. However, it is always the client's choice, so even if you choose to stay fully clothed, we will work around that as well.

During an Indian Head Massage, you will be asked to remove your top, but a cover-up will be provided.

Every care is taken to avoid massage oils coming into contact with clothing, but there will be traces of oil on the skin after a massage.