



The FitterDays Massage Experience

Your Massage Support Supplement



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Introduction: The What, Why, and How

Whether you've woken up with a stiff neck, are carrying an irritating sports niggle, feel weighed down by stress-related aches and pains, or just want some well-deserved RnR — we have the perfect massage for you.

This supplement is designed to help you understand the different types of massage available, what they can do for you, and what you can expect when you arrive for your session.

Massage Techniques and How They Work

Massage styles work in much the same way. They all improve circulation, helping to deliver oxygen and nutrients to the muscles while clearing away waste products that can make you feel sluggish or sore.

The main differences come down to the level of pressure applied, the techniques and lubricants used, and the duration of the treatment. Longer sessions promote deep relaxation and a sense of peace, while shorter treatments can increase concentration and alertness.

Broadly speaking, massages fall into two categories:

Holistic massage:	Focused on relaxation and overall wellbeing
Therapeutic massage:	Targeted, deeper pressure to address muscular problems and stubborn tension

Holistic Massage (Swedish & Aromatherapy)

Holistic massage is designed to relax both body and mind. It uses rhythmic stroking and kneading movements, combined with calming music, to lower blood pressure, ease tension, and promote an overall sense of wellbeing.

Swedish Massage

Swedish massage is the most widely recognised style, making it a great choice if you're new to massage. Light to medium pressure is applied across the body to encourage circulation, relieve everyday aches, and calm a busy mind.

Options: Full body, or a focused back, neck, and shoulder massage

Duration: Available in 30- or 60-minute sessions

Extras: Your massage includes the **FitterDays Finish** — our signature closing ritual designed to leave you feeling grounded, settled, and ready to continue your day.

Aromatherapy Massage

Aromatherapy massage offers all the benefits of Swedish massage, with the added dimension of essential oils. These oils enhance your mood and support your body's natural healing.

Popular blends are chosen for their ability to:

Warm stiff joints and tired muscles

Relax the mind and body

Uplift and energise

All oils used are 100% natural, hypoallergenic, and vegan-friendly, blended with high-quality grapeseed oil to nourish the skin. If you'd prefer not to use scented oils, high-quality unscented massage oil will be substituted — or essential oils can be placed in a diffuser so you still enjoy their therapeutic benefits without them touching your skin.

Whether you choose the simplicity of Swedish or the sensory experience of aromatherapy, you'll leave feeling soothed, settled, and restored.

Therapeutic Massage (Deep Tissue)

Modern life takes its toll on our muscles. Long hours at a desk can lead to neck pain, sore shoulders, and stress headaches. Poor posture adds to the strain, and trips or falls can also leave the body aching and uncomfortable. Over time, muscles tighten and circulation slows, allowing waste products to build up. The result? General aches and pains, stiffness, or reduced mobility that makes everyday movement difficult.

When pain, stiffness, or reduced mobility are holding you back, therapeutic massage can provide the relief you need. Also known as deep tissue massage, this treatment uses firm, targeted pressure to release stubborn knots, ease chronic tension, and restore freedom of movement.

With skilled, deeper techniques, we realign muscle fibres, restore healthy blood flow, and help flush out waste products so your body can repair itself quickly and effectively. The pressure can feel intense at times, but it is always adapted to your comfort level. You are in control, and your therapist will work with you to ensure the treatment is effective without ever feeling overwhelming.

At FitterDays, we blend therapeutic methods with holistic strokes, so you leave not only moving more freely, but also feeling restored, refreshed, and relaxed.

Massage Summary

Experience the benefits of our massages with our expert therapists



Deep Tissue Massage

Targets deep layers of muscle and connective tissue to relieve chronic tension, break up scar tissue and improve mobility.

Ideal for those with persistent pain and stiffness



Aromatherapy Massage

Enhance your massage experience with the soothing scents of essential oils.

Aromatherapy helps reduce stress, alleviate anxiety and promote relaxation



Swedish Massage

A gentle, relaxing massage that uses long flowing strikes, kneading and circular movements to improve circulation, ease tension and improve overall relaxation and well-being

Your Massage Journey

Before Your Massage

The Booking Process

As part of the registration process, you will be asked to complete a health consultation form. This is a mandatory document and must be completed before any massage appointment can be confirmed. The form asks for information about your health history, previous massage experience, and any allergies or sensitivities.

The purpose of this form is to keep you safe and to ensure your massage is appropriate and tailored to your needs. Completion of the consultation form is required for insurance purposes, and no treatment can be provided without it. If we need to clarify any health-related information, we will contact you to discuss this further before proceeding.

Once your information has been reviewed and your requested appointment details have been agreed, we will email you our BACS payment details.

Payment and Confirmation

Full payment is required in advance. Your appointment is not confirmed until payment has been received in full. Once payment has been received, we will send you a confirmation message to confirm your session.

Special Offers

From time to time, FitterDays offers introductory rates or special promotions. Please visit the **Special Offers** page on our website to view our current massage offers and availability.

Your Consultation

Every new client has a brief consultation at the start of their first massage session. This allows us to confirm your health information, discuss your goals, and ensure your treatment is appropriate and tailored to you.

As your consultation form is reviewed in advance, this conversation is usually short and focused, taking just a few minutes before your massage begins. Any health-related questions or concerns will already have been discussed prior to your appointment where necessary.

What to wear

It depends on the treatment:

For a **full-body massage**, clients undress to their underwear

For a **half-body massage** (e.g. back, neck, and shoulders), you'll only remove clothing on the upper half

At all times, your modesty is fully protected. We use professional towel-draping techniques, and only the area being massaged is uncovered.

Private areas are never exposed — professionalism and comfort are paramount.

During Your Massage

Privacy & respect: You will always be treated with dignity, and your comfort comes first

Draping: Only the area being worked on is uncovered at any time

Communication: You are encouraged to speak up at any point about pressure, temperature, music, or anything else. Your feedback helps shape the treatment to your preferences

The FitterDays Difference

Our approach is nurturing and personalised. We do not deliver a 'one-size-fits-all' service. Your massage is **your time** where we concentrate on **your needs** for the entire session. Every massage is tailored to **you**, and it will change from visit to visit depending on what **your body and mind** need in that moment

After Your Massage

Hydration: You'll be offered a glass of water before you leave, and encouraged to drink extra fluids throughout the day

What to Expect: It's normal to feel deeply relaxed, even a little sleepy. You may experience mild soreness if your muscles have been tight. This is usually felt within the first 24 hours and should ease within 48 hours. If you notice any unusual pain, swelling, or reactions beyond mild soreness or relaxation, please contact us or your healthcare provider.

Aftercare Sheet: You may receive a simple guide with aftercare advice to take home

Your Next Step

Massage works best when it's part of a wider journey, not just a one-off treat. The right next step depends on **your situation and goals** — whether that's tackling stress, managing eating habits, or needing a safe space to talk.

Book your next massage before you leave, to maintain your progress

Book a clarity call our one-to-one chat service where we can explore your options together and match you with the most suitable FitterDays support
