FitterDays

Together We RISE

# 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, feel weighed down by stress-related aches and pains, need to recharge and refocus during a busy working day, 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.

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## 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:

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

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## 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.

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### 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.

### 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 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.

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## Therapeutic Massage (Deep Tissue & Chair)

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.

### Deep Tissue Massage

Performed on a memory foam massage couch, this treatment uses targeted techniques to release stubborn knots, reduce tension and pain while restoring freedom of movement.

Using firm pressure, we work along muscle fibres to improve flexibility, encourage healthy blood flow and support the body's natural recovery processes.

Muscular knots develop over time; they can be tender to the touch and may require several treatments to ease. Some discomfort can be expected; however, **deep tissue massage should never be painful.** Your therapist will regularly check the pressure, and we encourage you to speak up whenever an adjustment is needed.

Our special blend of FitterDays therapy combines therapeutic methods with holistic strokes, so you leave not only moving more freely with reduced pain, but also feeling restored, refreshed, and relaxed.

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## Your Couch Massage Options

**Massage Type:** Full body, or half body comprising of a back, neck, and shoulder massage

**Duration:** Available in 30 or 60-minute sessions

**Extras:** All couch massages benefit from the **FitterDays Finish** — our signature closing ritual designed to deepen your relaxation, leaving you feeling calm, peaceful and completely at ease

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## Chair Massage

Chair massage takes a different approach to traditional couch massage. Performed fully clothed in a specially designed ergonomic chair, the treatment uses acupressure techniques rather than conventional massage strokes.

Targeted pressure is applied using the fingertips and knuckles to muscles across the back, shoulders, arms and hands, helping to release tension and ease muscular discomfort.

With no oils or lotions required, this invigorating treatment is designed to relieve stress, restore focus and leave you feeling re-energised and ready to continue your day.

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# Massage Summary

Discover the benefits of massage and find the treatment that's right for you



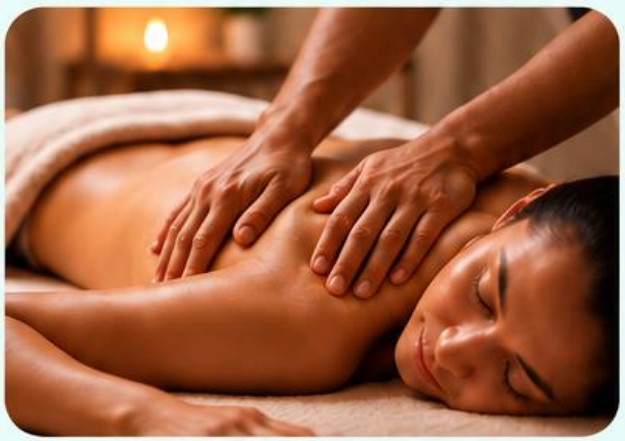
## Swedish Massage

A relaxing, gentle massage using flowing movements to ease tension, improve circulation and promote overall wellbeing.



## Aromatherapy Massage

This massage uses essential oils to enhance your sensory experience, restore emotional balance and encourage deeper relaxation.



## Deep Tissue Massage

A firm, targeted massage designed to release stubborn knots, reduce muscular tension and alleviate pain, leading to improved circulation and freedom of movement.



## Chair Massage

A fully clothed acupressure treatment that relieves muscular tension, reduces stress and restores focus, leaving you re-energised and ready to continue your day

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# 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.

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### 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.

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### 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.

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### What to wear:

**Chair Massage:** The treatment is performed fully clothed, without oils or lotions, so there's no risk of staining your clothes

**Full-body Massage:** Clients undress to their underwear

**Half-body Massage:** For this neck, back and shoulder massage, clients only remove clothing from the upper body

**Your modesty is fully protected at all times.**

We use professional towel-draping techniques and only the area being massaged is uncovered. Private areas are never exposed. Professionalism and comfort are paramount.

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## 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

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### 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

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## 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**: After a couch massage, it is normal to feel deeply relaxed and sleepy. You may also 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, please contact us or your healthcare provider.

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## Make time for your wellbeing

## Book your next massage before you leave