

Do I need to undress completely?

Massage is traditionally performed with the client unclothed; however it is entirely up to you what you would like to keep on; the therapist will ask you undress to your comfort level.

I've never had a massage, what should I expect?

After you have met with your massage therapist, they will leave the room and knock before coming back in. This will give you time to undress and lie on the massage table. The table is always dressed with fresh linens and blankets and a table heating pad in the winter months. You will then cover with the sheet/blanket provided. The massage therapist is trained to ensure you are properly draped at all times. If you feel uncomfortable for any reason, please discuss this with your massage therapist. The outcome of the session depends on your communication with the therapist. You should communicate any concerns to your therapist before, during or after your session. If you do not tell them that the pressure is too soft/too hard or that you don't want your neck massaged, etc., they will not know. They will check in with you throughout the massage to ensure you are comfortable and that the technique used is sufficient for you.

What parts of the body will be massaged?

A typical full body massage includes your head, shoulders, neck, arms, hands, feet, legs, shoulders and back. Please note: Gluteal work and ABS are not part of a session. Gluteal work is only performed for an underlying health issue (example: Sciatica) and is not part of a normal massage therapy routine due to the strict guidelines set forth by the governing state. If you are ticklish and don't want your feet massaged, or are uncomfortable with your face being touched, you will need to communicate this to your massage therapist.

Is talking allowed during the massage?

Most clients prefer the quietude and relaxation of the massage experience. We choose soothing music to lull you into a state of relaxation and peace. While some clients enjoy this quiet time, there are others who prefer to talk to their therapist while getting a massage. This is fine too.

My daughter/son is only 15 but wants a massage. Can she/he get a massage?

We are not allowed to perform any massage or bodywork treatment on anyone under 18 years of age unless they are accompanied by a parent or guardian. In this case, certain forms will need to be completed in addition to our standard forms and if the visit is medically related, we may or may not ask for a physician's referral. The parent or guardian must remain in the treatment room at all times during the session. **No exceptions.** The therapist will use their discretionary skills to determine if they will accept a client under age 18. State law and our insurance mandates this policy.

Is massage therapy covered by insurance?

Unfortunately, most insurance companies do not cover massage therapy. We are hoping with new legislation and the work of the AMTA and NCBTMB and the dedicated legitimate massage therapists out there, we can alter the course of their thinking. This is why our rates are affordable.

What types of payment do you accept?

We accept all major credit cards and cash. We accept personal checks from established clients. Payment is due at the time of each visit unless arrangements are made in advance with the practitioner. In certain circumstances, we may offer a sliding fee scale. This would need to be addressed with the therapist prior to the appointment.

Why should I get a massage?

Massage therapy provides relief to people of all ages and all walks of life. A variety of conditions can be addressed with massage therapy, including stress and tension and in treating cancer related fatigue, high blood pressure, sleep disorders, low back pain, diabetes, post-operative surgery, age related disorders, chronic fatigue syndrome, fibromyalgia and many other conditions. The physiological effects help increase circulation, stimulates the lymph system, relaxes and softens injured muscles, reduces spasms and cramping, helps release endorphins, improves range of motion and helps in migraine headache relief. The list is endless.

What kind of privacy policy do you have?

All client files are under lock and key and we respect and protect your privacy. We will never sell, rent, share or give away any personal client information. All information gathered is for our own records.

Our privacy policy is on the website. Just click on the policies tab and you will be able to open the file containing our policies.

I have fibromyalgia, how can Massage therapy help me?

Fibromyalgia is a chronic musculoskeletal condition that presents itself in widespread pain felt throughout your body. People that do have fibromyalgia often experience tension headaches, stiffness, fatigue and sleep interruption. Massage is beneficial to these sufferers because it stimulates oxygenation and the release of toxins stored in the muscles. With consistent massage, patients begin to feel less fatigue and less pain. The key to improvement is to have consistent massage therapy sessions to keep the muscles from building up tension.

What credentials do the Massage Therapists have to be able to offer treatment?

Your therapist is licensed by the State of Rhode Island. All massage therapists in the state of Rhode Island must complete a 500-hour program take the national testing overseen by The National Certification Board for Therapeutic Massage and Bodywork (NCBTMB) and successfully pass the national examination. The state of Rhode Island has strict criteria for applying and receiving a license for massage therapy. Please click [here](#) to read the criteria each massage therapist must complete before applying. To keep their national accreditation active, massage therapists must carry continue education credits. This means that your therapist has to continue his/her education in the field of massage therapy and holistic healing to satisfy accreditation and licensure requirements. All massage therapists have their a copy of their licenses and credentials on file at the office and you are free to ask to see them at any time.

Are practitioners licensed for other healing modalities such as Reiki?

Reiki is defined as 'spiritual healing' with the intent of the practitioner channeling the energy to the client. Energy Medicine and most complimentary alternative medicine (CAM) is not governed by any board or licensing, but is based on energetic healing. Energy Medicine can include chakra energy balancing, meditation, creative visualization, crystal therapy/healing, Integrated Energy Therapy, Magnified Healing and other holistic healing therapies.

What credentials does Donna Gaudette have?

Donna's credentials are:
Bachelors Degree in Metaphysics
Licensed Massage Therapist
Certified Metaphysical Practitioner
Certified Reiki Master Teacher
Certified Angelight Messenger
Certified Hypnotherapist
Certified Spiritual Healer
Certified Interfaith Minister