

# Maitri Massage Studio

## General Information & Guidelines

At *Maitri Massage Studio*, we strive to provide a relaxing and rejuvenating experience for each of our clients. Below is a helpful guide to ensure your visit with us is seamless, comfortable, and enjoyable.

### Massage Techniques Tailored to You

Each massage treatment is personalised to your needs and may include a blend of professional techniques. Whether you're looking to relax, relieve tension, improve mobility or simply reconnect with yourself, the approach is adjusted to meet you where you are.

- **Swedish Massage:** A calming, full-body technique using flowing strokes and gentle kneading to relax muscles, boost circulation, and ease stress.
- **Holistic Massage:** An intuitive style that considers the whole person. Gentle, responsive touch helps regulate the nervous system and create space for deep rest and emotional release.
- **Connective Tissue Massage (CTM):** A deeper, focused method that works with fascia and muscle to release long-held tension, improve posture, and support structural balance.
- **Myofascial Release:** A gentle, sustained technique targeting fascial restrictions. Helps reduce discomfort and restore natural movement over time.
- **Soft Tissue Release (STR):** A precise, active technique combining movement and pressure to release tight areas, restore flexibility, and support recovery — especially helpful around joints and tendons.

### Booking an Appointment

- **Online Booking:** You can conveniently book your appointment via email or online form. Let us know your preferred service, date, and time.
- **Phone Booking:** Prefer speaking with someone? Call us directly to book your session. We're happy to assist you.
- **Booking Ahead:** To secure your preferred time, we recommend booking in advance.

### What to Expect During Your Visit

- **Arrival:** Please arrive 10-15 minutes early to complete any necessary forms and get settled before your session begins.
- **Comfort:** During your massage, you will be draped with a sheet at all times for privacy and comfort. You can undress to your comfort level. If you need any adjustments in pressure or have any concerns, feel free to communicate with your therapist.
- **Relaxation Time:** After your session, we encourage you to take a few moments to relax before leaving. Hydration is key afterward, so drink plenty of water.

## Packages & Special offers

We offer a range of packages and special offers to fit your needs:

- **Recurring Client Packages:** Save on your massages by purchasing a package of multiple sessions at a discounted rate.
- **Special Offers:** Take advantage of our limited-time promotions and seasonal deals to enjoy our services at a great value.
- **Gift Cards:** The perfect gift for any occasion! Gift cards are available for any amount.

## Mobile Massage Service

We offer the convenience of bringing the massage experience to your home or office. Here's how it works:

- **Scheduling:** Book your mobile service via phone or email. We'll confirm availability based on your location.
- **Setup:** Our therapist arrives with all the necessary equipment, including a portable massage table, linens, and oils.
- **Space:** Make sure you have a quiet, comfortable space for your massage. A room with enough space for the therapist to move around is ideal.

## Client Guidelines

- **Respecting the Therapist's Time:** Please be mindful of your appointment time. Arriving on time helps ensure that you get the full duration of your session.
- **Health-Related Concerns:** If you have specific health conditions, injuries, or requests, be sure to discuss them with your therapist before your session. This helps us tailor the massage to your needs.
- **Silence or Conversation:** Your comfort is our priority, and we encourage you to choose what feels best for you - whether that means enjoying quiet stillness or engaging in light conversation. However, to fully embrace the restorative benefits of holistic relaxation, we recommend minimizing conversation during the treatment. A calm and quiet atmosphere allows for deeper relaxation, helping both your body and mind unwind completely. If you have any preferences or needs during the session, feel free to communicate them at any time.

By keeping these guidelines in mind, we can ensure that your experience with us is smooth, relaxing, and enjoyable. We look forward to providing you with the highest level of care and service on your wellness journey!