



Massage: Frequently Asked Questions

Q1. What different types of massage do you offer at Zen Lifestyle?

A1. We offer several different types of massage, Aromatherapy, Sports massage, Hydrotherm massage and Hot stone massage.

Q2. What is a Hydrotherm massage?

A2. A [Hydrotherm massage](#) is ideal for women who may be pregnant or breast feeding or for those who do not like lying on their front. The client lies on top of warm water mattresses whilst the therapist works between the mattress and the client. The massage can still have deep pressure if desired.

Q3. What is a Hot Stone massage?

A4. Hot, smooth, volcanic stones are used in the [hot stone massage](#) to heat and relax the muscles. This allows the muscles to be manipulated more easily to create a deep tissue massage. There are a variety of stones used in this massage which allows the therapist to work over different areas. The heat from the hot stones transfers efficiently through to the muscles, ideal for releasing deep tension in the back and shoulder areas. A variety of strokes using stones and hands are combined

Q4. What the difference between Sports massage and Aromatherapy massage?

If you would like to receive a sports massage or aromatherapy massage you can just book a period of time for massage and specify with your therapist which massage you would like. The [sports massage](#) is a deep firm therapeutic spa massage which would suit someone with a great deal of tension or tightness in their muscles, or someone who requires massage therapy after a sporting event. It is not designed to treat injury. The [aromatherapy massage](#) is a spa treatment designed for pure relaxation, the pressure is less deep and the techniques used are more conducive to letting enjoy a deep sense of wellbeing.

Q4. How long are the massages at Zen Lifestyle?

A4. For all of our massages we offer bookings of 40 minutes, 60minutes and 80 minutes, except for the Hydrotherm massage which is offered for 40 and 60 minutes. For a 40 minute massage our booking time is 50 minutes, so you are never rushed and the therapist will have time for a full consultation without eating in to your treatment time.

Q5. What happens during the massage?

A5. Prior to performing the treatment your therapist will carry out a full consultation with you to find out your main concerns and priorities for the treatment. You can discuss what areas you want worked on most and how you would like to feel at the end of your treatment. She will determine from this the most appropriate combination of massage techniques and aromatherapy oils to be used. Once the client is relaxing in one of our luxurious beds the therapist will apply a hot towel compress and will start the massage. In the initial stage of the massage the therapist will your comfort and massage pressure. At the end of the massage the therapist may offer further advice on how to prolong the results of your massage.

Q6. How will I feel after the treatment?

A6. You will feel really relaxed after the massage however you may feel slightly drowsy. We advise you to drink plenty of water for the rest of the day.

Q7. Will the massage be sore?

A7. There is no reason for your massage to feel sore. This differs from each client, some clients feel slight discomfort if the massage is very deep, whilst others want a good firm pressure. However this can be adjusted to suit each client's comfort. All our massage therapists are able to give a deep firm pressure if required. However, of your main aim is relaxation we will go too firm.

Q8. What oils do you use for massage?

A8. At Zen we use a variety of different oils in our massages. During the consultation the therapist will determine which oil would be best suited to your preferences and aims.. As we have a variety of oils we are able accommodate those with allergies. If you are pregnant we would not use aromatherapy oils.

Q9. What should I wear during the massage?

A9. For the massage you should undress to your underwear. At all times you will also be covered with our luxurious towels and blankets.

Q10. Who will perform the treatment?

A10. All our massage therapists are trained to at least SVQ/NVQ level 3. They will also have received intensive in-house training in Zen massage styles and techniques to ensure the treatment is performed to the standard expected at Zen Lifestyle.

Q11. Why are the Zen massages different from any other massages?

A11. At Zen we pride ourselves on being different and ensuring that each client leaves the salon fully relaxed and completely happy with their treatment. Not only do we ensure that a full consultation is carried out to make sure that we are achieving the client's aims we like to make each client feel individual and unique. No two massages at Zen are the same as each one is tailored to your individual needs and preferences.

To book your massage call our Edinburgh day spa:

Bruntsfield Place: 0131 477 3535

Teviot Place: 0131 226 6777

http://www.zen-lifestyle.com/massage_edinburgh.html