

Please ask at Reception if you would like to book a massage
The earlier you ask, the more likely we are to be able to fit in an appointment for you

Your appointment

Name _____

Date _____

Massage time _____

Jacuzzi beforehand? *Time _____

* Already booked /Please come to Reception and book for yourself if you would like it

Masseur _____

Full body / other _____

Contribution £ _____
included / paid / to pay / to add to invoice

£38 (£30.40) one hour full body
£7 (£5.60) jacuzzi session
(20% discount for people in ministry)

Notes:



Massage sessions take place in the Therapy Suite in the Great Barn Annexe
Please come to Reception at the appointed time

If you have booked a jacuzzi before

- > change* into swimming costume and shower
- > jacuzzi for 20 minutes
- > shower again and put on pants and robe
- > go to the massage room

*If we are busy you will be given a basket to keep your clothes etc with you

If we are quiet, you can change and leave your things in the massage room

For the massage session

- > a few minutes for health screening checklist
- > check if you would like music or silence
- > check if you would like oil or talc
- > undress down to underpants
- > lie face down on the massage couch/table where you will be covered with towels for warmth and modesty
- > a full body massage will last 40 - 50 minutes
- > be sure to tell your masseur if anything hurts or needs special attention or if you prefer a lighter or heavier touch
- > afterwards you will be left on your own to get dressed in your own time (please ask if you need help getting up off the couch - remember you may be a little light-headed)
- > your masseur will wait for you in the Loose Box and check all is well before you leave

Drink plenty of water afterwards
Avoid alcohol on the day of your massage
If you have any untoward reactions afterwards, please let us know at Reception

Massage

2009



for
relaxation
and
wellbeing

Massage

A simple and effective resource to help you relax and unwind during your stay at Sheldon

Available for men and women

Many of our guests have never ventured to try a massage before, perhaps due to its perceived association with sex or with New Age spirituality

We offer a safe and confidential environment to discover and enjoy some of the many benefits of massage

- > letting go of physical and/or emotional tension
- > softening of stiff and tense muscles
- > having your skin soothed in a gentle, confident and structured way
- > improving blood circulation and lymph drainage
- > helping you to relax and unwind
- > feeling good and improving wellbeing - a real treat to enjoy!

We do not offer massage as

- > beauty care
- > treatment for specific ailments
- > physiotherapy or manipulation
- > aromatherapy treatment

at Sheldon

Jan Kaye is a member of the Sheldon Community and the key person providing massage at Sheldon

From time to time we also have volunteers on the team and employ local masseurs

Masseurs are carefully assessed

- > for their ability to work within the ethos and framework of Sheldon
- > for their training and experience
- > to check they are covered by Sheldon's or their own professional indemnity insurance

Massage is given in a quietly meditative atmosphere

You may choose to have music playing or just be in silence

You may choose a scented essential oil such as lavender, chamomile, geranium or frankincense.

Having a jacuzzi beforehand means your muscles are already warmed and softened before the massage begins

To learn more

Why not book in with a partner for our two day residential course to learn how to give a simple and relaxing massage?
Philippa Wackerbarth with Jan Kaye
See current programme for details.

Checklist

To help us to avoid hurting or harming you during the massage please complete this health screening checklist and bring it with you to your appointment

Tick any boxes that may be relevant
Your masseur will ask any additional questions that may be necessary

Rash or skin sensitivity	<input type="checkbox"/>
Nut allergy	<input type="checkbox"/>
Diabetic	<input type="checkbox"/>
Epileptic	<input type="checkbox"/>
High blood pressure (even if controlled)	<input type="checkbox"/>
Back or neck problems	<input type="checkbox"/>
Lumps or bumps	<input type="checkbox"/>
Open wound, bruising, infection	<input type="checkbox"/>
Varicose veins, phlebitis, thrombosis	<input type="checkbox"/>
Pain anywhere	<input type="checkbox"/>
First few days of menstrual period within the past year:	<input type="checkbox"/>
Angina, heart attack or stroke	<input type="checkbox"/>
Surgical operation	<input type="checkbox"/>
Bone fracture	<input type="checkbox"/>

We are not able to offer massage if you

- > Are in early pregnancy
- > Are being treated for cancer
- > Have a raised temperature (eg flu)
- > Have eaten a meal within the past hour