Harmony Farm™

Your First Therapeutic Massage at Harmony Farm

Why Get a Massage

The answer is unique for each individual. Many seek therapeutic massage as a means to promote healthy body functioning and to enhance the body's own restorative powers. Other reasons may include: relaxation, relief of chronic muscular tension and pain, to improve circulation and to increase joint flexibility. In addition, massage is among the most effective means available to combat stress.

What to Expect Before...

Upon arrival, you will be greeted by a licensed massage therapist. He/She will show you to a comfortable, quiet room and have you complete a medical history. Together you and the therapist will review the medical history and discuss your desired outcome for the massage. It is very important that you inform your therapist of any health problems or medications you are taking. The information you share is confidential and will be helpful in providing a massage session especially suited to you for the highest good of your health and well-being

What Will Happen During...

Your therapist will leave the room while you undress to your level of comfort and relax onto the table beneath the sheets and covers provided. You will be properly draped to keep you warm and comfortable. Only the part of your body being massaged will be exposed. A light oil or lotion may be used to permit your muscles to be worked without excess friction to the skin A typical full-body massage will include work on your head, neck, shoulders, back, arms, hands, legs and feet.

What Am I Suppose to Do...

Make yourself comfortable. Many people just close their eyes and completely relax. Once the massage begins, there is nothing required of you except to turn over halfway through the session. Your therapist will gently notify you when it is time to turn your body. The more relaxed you can be during the massage, the greater the physical, mental and spiritual benefits to you. Feel free to converse with your therapist at any time during the session about massage.

Is There Suppose To Be Pain?

Massage on healthy tissue feels good. As your body becomes relaxed, pressure may gradually be increased in specific areas to relieve muscular tension. Because everyone has a different tolerance for touch, it is important that you communicate immediately if you feel any discomfort. Your massage therapist will not be offended if you ask that the pressure be adjusted to your preference level. Massage is most effective when your body is not resisting.

What to Expect After a Massage

Massage can be a deeply relaxing experience that can affect all your body systems. After the session has concluded, and your therapist has left the room, give yourself a few moments to reorient before slowing rising from the massage table.

Many people report freedom from long term aches and pains developed from tension or repetitive activity. After an initial period of feeling slowed down, people often experience increased energy, heightened awareness and greater productivity that can last for a few days.

Harmony Farm™

Since toxins are released from your soft tissues during a massage, it is recommended that you drink plenty of water and abstain from alcohol, caffeine and tobacco for 24 to 48 hours following your massage.

Sometimes you may not feel dramatic results right away. Watch for changes over the following days, such as pain relief, increased mobility or reduced stress. And, if you have any questions or concerns, feel free to contact us. We will be happy to answer any questions that you may not have thought of during your visit

What We Need From You

Harmony Farm's daily goal is to provide the highest standard of therapist-guest relations, plus a peaceful place to receive a therapeutic massage. From you, our guest, we invite feedback. Please call or email us with comments and suggestions.

How Do I Schedule My Appointment?

Please call or email to provide dates/times you are available. We will ask a few questions regarding your intentions, current health status, massage techniques of interest and also review pricing.

All massage therapists at Harmony Farm are licensed by the State of Ohio Medical Board.

Swedish massage is what many people think of when massage is mentioned. It uses long flowing stokes, deep kneading, surface friction, joint movements, vibration, stretching and passive touch. Below is a sampling of additional techniques our therapists can offer you for massage.

- Accu-pressure
- Cranio-Sacral
- Deep Tissue
- Lymphatic Drainage
- Massage Cupping
- Myofacial Release
- Pregnancy/Infant
- Massage w/Facial Mask
- Reflexology
- Sports Massage
- Stone Therapy
- Trigger Point
- Variety of Energy Techniques

Payment is given directly to your massage therapist at time of service. Acceptable types of payment include: cash, check or pre-purchased Harmony Farm gift certificate. Tips are not expected. Please honor our 24-hour cancellation policy.