Violetta
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Getting ready for a massage at home

A checklist for the day a Registered Massage Therapist comes to your home.

The room

- [ ] A quiet room where you won't be disturbed.
- [ ] Enough floor space for a massage table, with room to walk around it.
- [ ] A comfortable temperature: you'll be lying still under a sheet.
- [ ] Phones on silent. TV and music off, or low.
- [ ] Prefer a chair or a hospital bed? Say so when you book.

Getting in

- [ ] Parking arranged: a driveway spot, visitor parking or a nearby street.
- [ ] Buzzer code, entrance and unit number ready to share.
- [ ] Pets settled in another room, if you have any.

You

- [ ] Wear something comfortable.
- [ ] Have a list of any medication and recent health changes for the health history form.
- [ ] Decide if you'd like someone with you in the room.
- [ ] Two people at the same address? Book one session after the other.

When I come to you

- I bring the massage table, sheets, and oil or lotion.
- The fee is the same in every area I visit, with no travel fee.
- In my confirmation, I ask for parking and access details.
- You pay by cash or Interac e-Transfer after the session and get an official receipt.
- Please give 24 hours' notice to cancel or change.

I visit Downtown Toronto, North York, East York, York, Vaughan, Richmond Hill, Thornhill and Mississauga.

More: violettarmt.com/mobile-massage/

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General information only. It doesn't replace advice from your doctor or an assessment by your massage therapist.