

Cotswold Mobile Massage

Client Information

Please find below essential information about our mobile service procedures. If you have any questions, then please don't hesitate to get in touch.

- **Help us find you** – Please ensure you've provided full address and parking details, plus anything helpful to find the property, like: landmarks, directions, etc. A Google Map coordinate or pin can be really useful or using what:three:words
- **Stay warm** - During the winter months we recommend having your heating on slightly higher than usual/pre-heating the massage room. This will help you to stay cosy and warm for the duration of your treatment. If you do tend to feel the cold, we recommend having a spare blanket on-hand for extra comfort.
- **Choose your space** - Select an appropriate space for your massage to be held. We recommend somewhere you won't be disturbed, and we'll need a **minimum** space of 160cm x 280cm for us to work safely around the table.
- **Be ready** - Please be ready for your therapist's arrival so that you don't miss out on any of your treatment time IE. furniture moved, showered, finished emails etc. Therapists are not obliged to run over your allotted treatment timing.
- **Create your perfect ambiance** - We supply relaxation music to play during treatments, but if you'd like to play your own music or prefer silence then that's no problem, just let your therapist know at the beginning of your session. Likewise, with incense or candles, this is entirely your preference, whatever you need to relax and soak up all the goodness from your session!
- **Get comfy** - You may like to wear a bath robe over your underwear so it's easy to dress/undress for your treatment.
- **Stay hydrated** – It's a good idea to keep a glass of water handy, so you can hydrate well following your treatment.

NB. If you or anyone in your household is feeling unwell, please ask them to remain distant during our visit and wipe down any door handles/taps to prevent spread of illness to our team. If you are exhibiting heavy cold or flu-like symptoms on the day you may be refused treatment. If you know in advance that you're going to be unwell, please contact us asap to reschedule or cancel (Ts&Cs apply).

Wishing you a wonderful massage