

## Frequently Asked Questions About Massage



### ***Where do I go for my massage?***

There are two massage therapy rooms located between the ladies and mens locker rooms. Both massage rooms have an entrance from each locker room. You will wait in the sitting area of your locker room where your therapist will find you when your room is ready. Please be available 5 minutes before your appointment.

### ***Where do I change my clothes and put my belongings?***

You may change in the massage rooms. There are hooks and a chair available for belongings.

### ***What do I wear?***

It is appropriate to completely disrobe, wear underwear or other articles of clothing based on your comfort level and the type of work being done. Only areas of the body being worked on will be exposed, while the rest is securely covered with a sheet or other drape. For the safety of therapists and guests, both are required to wear a mask before, during, and after the massage.

***Do I tip the therapist? If so, how much?*** Tipping is allowed and appreciated by the therapists. Feel free to tip as you would for other services (hair stylist, waiter, waitress, etc.)

***For more information or to schedule your massage, call the front desk at 630-978-6749.***



Rush Copley Healthplex Fitness Center