Why Massage?

Getting a massage can do you a world of good. And getting massage frequently can do even more. This is the beauty of bodywork. Taking part in this form of regularly scheduled self-care can play a huge part in how healthy you’ll be and how youthful you’ll remain with each passing year. Budgeting time and money for bodywork at consistent intervals is truly an investment in your health. And remember: just because massage feels like a pampering treat doesn’t mean it is any less therapeutic. Consider massage appointments a necessary piece of your health and wellness plan, and work with your practitioner to establish a treatment schedule that best meets your needs.

Call Beck at 303.739.6888 • ACAA at 303.739.7950 to schedule an appointment.
Where will my massage or bodywork session take place?
Your massage or bodywork session will take place in a warm, comfortable, quiet room. Soft music may be played to help you relax. You will lie on a table especially designed for your comfort.

Must I be completely undressed?
Most massage and bodywork techniques are traditionally performed with the client undressed; however, it is entirely up to you what you want to wear. You should undress to your level of comfort. You will be properly draped during the entire session.

What are the benefits of massage and bodywork?
Massage and bodywork can help release chronic muscular tension and pain, improve circulation, increase joint flexibility, reduce mental and physical fatigue and stress, promote better healing of injured muscular tissue, improve posture, and reduce blood pressure. Massage and bodywork is also known to promote better sleep, improve concentration, reduce anxiety and create an overall sense of well-being.

Will the practitioner be present when I disrobe?
The practitioner will leave the room while you undress, relax onto the table, and cover yourself with a clean sheet or towel.

Will I be covered during the session?
You will be properly draped at all times to keep you warm and comfortable. Only the area being worked on will be exposed.

What parts of my body will be massaged?
You and the practitioner will discuss the desired outcome of your session. This will determine which parts of your body require massage. A typical full body session will include work on your back, arms, legs, feet, hands, head, neck, and shoulders. You will not be touched on or near your genitals (male or female) or breasts (female).

Meet our Therapists
All of our therapists are certified and registered with the State of Colorado.

Please note: Massage, bodywork and somatic therapies specifically exclude diagnosis, prescription, manipulation or adjustments of the human skeletal structure, or any other service, procedure or therapy which requires a license to practice orthopedics, physical therapy, podiatry, chiropractic, osteopathy, psychotherapy, acupuncture, or any other profession or branch of medicine.