

# **Heaven on Earth**

## **Frequently Asked Questions and Answers**

### ***Massage:***

#### **What is Therapeutic Massage?**

Therapeutic Massage is the systematic manual manipulation of the soft tissues of the body for the purpose of promoting circulation of the blood and lymph, relaxing the muscles, relief from pain, and the restoration of metabolic balance. Any one particular technique, or a combination of several techniques can be used.

#### **What does Soft Tissue include?**

It refers to tissues that connect, support, or surround other structures and organs of the body. Soft tissue includes muscles, tendons, ligaments, fascia, fibrous tissue, fat, and nerves.

#### **What is the History of Therapeutic Massage?**

It dates back as far as 3,000 BC in the Chinese and Japanese cultures and 4,000 BC in Greek history; massage therapy is considered to be one of the oldest treatments used by man. Hypocrites' writings include recommendations for the use of rubbing and friction for joint and circulation problems.

#### **Which technique is used most?**

Swedish massage is the most widely known modality. The technique includes long strokes (effleurage), kneading movements (pettrissage), friction both superficial and deep, vibration and percussion. Here at Heaven On Earth, we use a combination of techniques including deep tissue and acupuncture points and other modalities you need at the time of your massage.

# **Heaven on Earth**

## **Frequently Asked Questions and Answers**

### **What are the benefits of Therapeutic Massage? It can:**

- Improve circulation.
- Help to loosen contracted muscles and stimulate weak muscles.
- Aid relaxation.
- Help to reduce stress.
- Help to prevent and relieve pain from injuries and muscle spasm.
- Improve flexibility.
- Promote deeper and easier breathing.
- Improve posture.
- Strengthen the immune system.
- Foster a peace of mind and a feeling of well-being.
- Promote mental alertness.
- Improve the ability to monitor stress signals and respond appropriately.
- Enhance one's ability to calm thinking and creativity.
- Increases the awareness of mind-body connection.

### **When is massage/bodywork contraindicated?**

- Broken bones.
- Open wounds.
- Acute infectious diseases.
- Acute pain.
- Fever.
- Blood clots.

NOTE: It is important that you, the client, inform your practitioner of your current health status. There will be cases where the practitioner will require a release from the physician prior to the treatment.

# Heaven on Earth

## Frequently Asked Questions and Answers

### **How can I best be prepared for my Massage?**

There are intake and consent forms to complete; you can either print it out here ([http://www.heaven-on-earth.net/intake\\_form.php](http://www.heaven-on-earth.net/intake_form.php)) and complete it or fill it in at the beginning of your session. If you choose to exercise or enjoy the facilities such as the steam room and/or hot tub, please take a shower and give yourself 10 minutes to rest for your core body temperature to lower prior to your session.

### ***All-Inclusive Facial:***

#### **What is a Facial?**

A basic facial includes cleansing, deep cleansing, extractions, and a mask. Here at Heaven On Earth, we tailor your facial to what your skin needs including Vitamin C serum, hydrating eye mask, and the option of hundreds of other products we carry. In addition to a basic facial, our All-Inclusive Facial also includes a deep analysis of your skin, an acupuncture point massage on your facial, steam on your face, massage of your neck, shoulders, hands, and feet, and warm mittens and booties for your hands and feet, and practical recommendations on how to take care of your skin on a daily basis.

#### **What is the Purpose of a Facial?**

Basically, the purpose of a facial is to slough off the dead skin cells so that the new cells can rejuvenate. When we get older, the cellular rejuvenation process takes longer than when we are younger; a facial helps with tonicity, evenness, suppleness, and brightness of the skin.

# **Heaven on Earth**

## **Frequently Asked Questions and Answers**

### **How Often Should I Get A Facial?**

It varies from person to person. Ideally, get a facial every four to six weeks because that's how long it takes the skin to regenerate. Try to have a facial at **least four times a year**, as the season changes. You may need it more frequently if you are trying to clear up a case of acne, especially at the beginning.

### **Are there Contraindications for a Facial?**

- Acute herpes outbreak.

### ***Waxing:***

#### **What are the Advantages of Waxing?**

- Slow re-growth.
- Hair often grows back finer and is sparser after a number of treatments.
- Fairly quick to treat large areas of excess hair.
- Suitable for most parts of the body.

#### **What is the difference between waxing and shaving?**

The purpose of waxing is to remove the hair by the nourishment of the root, papillae (the white tip of the root). When done so, this retards hair growth. The hair that was pulled today will not grow back for another 3 weeks but you will see hair growth in about 7-10 days because hair has different growth cycles. Once a month is recommended to receive a waxing. When you shave, the hair grows back very quickly and it feels stubbly (unlike waxing); it also leaves uncomfortable ingrown hairs.

# **Heaven on Earth**

## **Frequently Asked Questions and Answers**

### **What are the Contraindications for Waxing?**

- Antibiotics, this makes your skin more sensitive and it can pull off your skin and not just hair. Taking a break from antibiotics for 14 days is recommended before any waxing should be done.
- Any Vitamin A products such as retinoids, retinal, glycolic or salicylic acids. These products thin the skin and will pull it off. Take a break from them for 5-7 days prior to the waxing.
- Broken or damaged skin.
- Waxing over moles, warts, or varicose veins is also not recommended.
- If you have diabetes, waxing can increase the possibility of infection.

### **What Are some Tips Prior to Waxing?**

- Ensure the hair to be removed is at least a 1/8 of an inch. The wax will not pull the hair if it is shorter than that.
- If hair is longer than a 1/4 of an inch it becomes more painful to pull it out; trim it for less pain.
- Skin needs to be clean and dry before you begin to wax to adhere properly.
- Try to schedule your waxing appointment mid menstrual cycle. Pain is generally felt more acutely just after, before, or during menses.
- If you wish, take extra potassium (eating a banana) 1 hour prior to your waxing.
- Heaven On Earth offers “No Scream Cream” product to put on your skin 30-45 minutes prior to waxing; the cost is \$20 for a 1-ounce tube.

### **Do I need to do anything after the Waxing?**

- Soothe your skin with a mild lotion such as aloe vera or a cool compress if necessary.
- Use extra SPF (sun protection factor) after you wax, especially for the next 2 days (zinc oxide and titanium oxide are the ingredients to look for in a sunscreen). Heaven On Earth offers a variety of SPFs ranging

## **Heaven on Earth**

### **Frequently Asked Questions and Answers**

from \$30 - \$39. The price depends upon the options: texture, coverage, and with or without a tint.

- Wait 2 days to use aggressive skin products.
- Tanning is not recommended before or immediately after your waxing (wait 2 days before or after your waxing).
- Soaking in a hot tub, especially a public one, is not recommended for a minimum of 2 days.
- Avoid tight clothing that might rub and cause irritation.
- Once your skin has calmed down in day or so, begin gently exfoliating your skin regularly (twice a week) to prevent ingrown hairs.
- You may notice redness and bumps on the waxed area but these should disappear within a few hours.