



A guide to your first canine massage session

What to expect

Each dog responds to massage in their own way. Massage by definition is "touch with intent," so even dogs very receptive to petting may need some time to adjust. Our first session is an important time for me to build a relationship with your dog and gain their trust.

- To help your dog get comfortable with being in my space and with my touch, I may utilize treats and toys
- Be prepared to be an active participant in the session. Most dogs like for their pet parent to be nearby
- Your dog may choose to sit or stand during a session. That's entirely normal!
- Many dogs take breaks during a session. They may get up, get some water, or move around
- Shedding during a session is common, as massage stimulates the body system associated with your dog's skin and fur
- Don't be offended if I don't engage in conversation during the session. I'm focusing on how your dog's body feels and how your dog is reacting to my touch
- Even if your dog only tolerates short bursts of massage in the beginning, don't be concerned. They are still reaping all the physical and emotional benefits of massage

Preparing for the massage session

Here are some tips to help ensure a successful session:

- Aim to schedule the session at a time of day when your dog is most naturally relaxed
- Ensure your dog has gone potty before the session, and has eaten and exercised according to their usual routine
- Try to create a calm environment with minimal distractions. If you have other dogs, it may be best to put them in another room
- Have some favorite treats and toys on hand, and be sure to alert me to any food allergies

Accepted payment methods include cash, check, credit card, Venmo & Zelle.



After the session

Dogs respond differently to their sessions. Some dogs may feel very relaxed or tired and want to nap. Others may feel energized and be ready for activity

With some massage techniques, your dog may feel a little out of sorts after a session, as toxins are flushed from the system and due to potential soreness from addressing pain points. This typically resolves within 24 hours

Ensure you take your dog out to potty and provide access to lots of water after the session

Questions?

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