

FAQ: Clients have asked....

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What is different about Oncology Massage?

An oncology massage therapist asks detailed questions about your cancer and its treatment, applies a thorough knowledge of the many ways cancer and massage interact, and modifies standard massage techniques to be safe and effective. This gentle massage brings total relaxation. One client calls it a vacation from cancer.

Should I take off all my clothes?

Wear whatever you need to be completely at ease. (The massage table may be heated and blankets are available.) A few clients remain fully clothed; others wear underwear; many undress completely. In any case, you will be fully draped with only the body area being worked on uncovered. Most clients find the less clothing, the better the massage. After you become comfortable with massage and your therapist, you may choose to wear less.

What body areas are included in the massage?

Massage requires a temporary adjustment of society's normal rules about touch and personal space. You choose what to include. The pubic area and the gluteal cleft (aka "butt crack") are never uncovered or touched. You and the therapist will thoroughly discuss what to include so you can be completely at ease.

How about breasts?

A woman may choose for one breast at a time to be uncovered to treat the skin, underlying muscles and glandular tissue. The nipple and areola are not touched. Some women find it profoundly relaxing and can't imagine massage without it. Others can't imagine massage with it.

Should I assist?

A common question is whether the client should help the therapist move body parts during the massage. The answer is "No". If help is needed, the therapist will ask. The limp noodle gets the best massage.

Should I speak up?

This is your massage. Your therapist will do what is generally most relaxing but only you know if things are just right for you. If anything could be better, anytime, speak up. Nothing is too trivial to mention.

Should I chit-chat during the massage?

The object of massage is your complete relaxation. If you need to get something out so you can relax, do so. Otherwise, close your eyes and try to clear your mind. If thoughts intrude, focus on the therapist's hands, where they are, what they are doing and how it feels.

What is "Namaste"?

This Hindu word conveys, "The divine in me recognizes and salutes the divine in you." After you and the therapist have worked together for 60 – 75 minutes and you are in a deeply restful place, the therapist will quietly step back, say "Namaste", sit down and allow you to find your way back at your own pace. You will feel wonderful.

How much should I pay?

Your therapist is retired and does this work at no charge to make it available to everyone. Contributions toward operating expenses in any amount are gratefully accepted but not expected. Your thanks are payment enough.