

Are you in good hands? "Pointers for the spa savvy"

Some things to keep in mind to ensure that you are in good hands!

How can you tell whether your massage therapist is qualified? "Make sure he or she graduated from an accredited school, is a member of some professional organization and is licensed," says Mary Beth Braun, president of the American Massage Therapy Association. Thirty-Five states and the District of Columbia give licenses; elsewhere, ask the therapist whether he or she is certified nationally. In the state of Florida it is preliminary for one to pass the national examination before obtaining their Florida license. Even with a licensed therapist, heed your instincts. "If he or she doesn't leave the room when you're changing or doesn't cover you with a sheet, towel or both, those should be red flags," Babel says. "The therapist should tell you to take off as much clothing as you feel ok with."

IMPORTANT!

On your next spa visit keep in mind Florida law requires massage therapists to have their license conspicuously posted in the room in which they work out of. If you do not see a license, don't just take their word for it that they are licensed! Ask to see it or verify their status with their first and last name by visiting

<http://ww2.doh.state.fl.us/irm00praes/praslist.asp>

Regardless if you use the services of Sports Massage Company or not, if you have any massage or spa related questions, issues or problems please contact us.