

The Feel Better Guide

How to choose the right massage, stretch well between sessions, and get more out of every visit

A free gift from Katie's Massage & Thai Bodywork
Alexandria, Minnesota

Inside: which massage fits your body • 5 easy stretches • self-care between sessions • what to expect at your first visit • a thank-you discount

Katie's Massage & Thai Bodywork • 815 Broadway St, Alexandria, MN 56308 • (320) 335-6900 • katiesmassages.com

Which Massage Is Right for You?

Not sure what to book? Here's a plain-language guide to the main styles Katie offers, and who each one helps most.

Thai Bodywork — "lazy person's yoga"

You stay fully clothed on a comfortable floor mat while Katie stretches and presses your body through yoga-like movements. Great if you feel stiff, sit at a desk all day, or want to move better — not just relax. Many people leave feeling taller and looser.

Swedish Massage — classic relaxation

Long, flowing strokes with light-to-medium pressure on a heated table. The right choice when you're stressed, sleeping poorly, or simply need to unwind. This is the gentle, soothing massage most people picture.

Deep Tissue — for stubborn knots

Slower, firmer work that reaches the deeper layers of muscle. Best for chronic tension, sore shoulders and backs, and active people who work their bodies hard. Katie always checks in about pressure — deep should never mean painful.

Heated Bamboo — warmth that melts tension

Warm bamboo tools glide along tight muscles, combining heat and pressure. A wonderful add-on or standalone treat, especially in Minnesota winters.

Still unsure? Call or text (320) 460-0200 and tell Katie how you feel — she'll recommend the right fit.

5 Easy Stretches Between Massages

A few gentle minutes a day keeps the benefits of your massage going. Move slowly, breathe, and never stretch into pain. Hold each stretch about 30 seconds, once or twice per side.

1. Neck Release

Sit tall. Let your right ear drop toward your right shoulder until you feel a gentle pull on the left side of your neck. Breathe. Switch sides.

2. Doorway Chest Opener

Stand in a doorway, forearms on the frame, elbows at shoulder height. Step one foot forward until you feel a stretch across your chest. Wonderful after desk work or driving.

3. Seated Figure-Four (hips)

Sitting in a chair, cross your right ankle over your left knee. Keep your back straight and lean forward slightly until you feel a stretch deep in the right hip. Switch sides.

4. Standing Forward Fold (back & hamstrings)

Feet hip-width apart, knees softly bent, slowly roll down and let your arms hang heavy. Sway gently side to side. Roll back up one vertebra at a time.

5. Child's Pose (whole back)

Kneel on the floor, sit back toward your heels, and stretch your arms forward on the ground. Rest your forehead down and take five slow breaths.

Self-Care Between Sessions

Small habits make each massage last longer. Katie's favorites:

- Drink extra water the day of your massage — muscles release best when you're hydrated.
- Take a warm bath or shower the evening after a deeper session to ease any soreness.
- Set a timer to stand and move for two minutes every hour if you work at a desk.
- Use a tennis ball against the wall to gently roll out tight spots between visits.
- Notice your shoulders during the day — if they're up by your ears, breathe out and let them drop.
- Aim for regular sessions (every 3–6 weeks for most people) rather than waiting until pain returns.

When to book sooner

If tension headaches return, sleep gets restless, or a familiar ache creeps back, that's your body asking for maintenance — not a luxury. Regular bodywork is far more effective (and more comfortable) than rescue work.

Your First Visit — What to Expect

- Wear comfortable clothes. For Thai bodywork you stay fully dressed; for table massage you undress to your comfort level and stay draped.
- Arrive 5 minutes early to chat about your goals, injuries, and pressure preferences.
- Speak up any time — pressure, temperature, music, anything. This is your hour.
- Payment is easy: card, Apple Pay, Google Pay, or cash. Gift certificates available too.

A thank-you gift for reading

Take 20% off a standard 60-minute or longer massage with code

WELCOME20

Enter it in the promo code box when you book online at katiesmassages.com

Ready to feel better?

Book online any time at katiesmassages.com

or call/text Katie at (320) 460-0200