

# **NOIRA Massage Setup & Preparation Guide**

At NOIRA, we believe the perfect massage experience starts before the first touch. To ensure both client and therapist enjoy a smooth, comfortable, and luxurious session, please follow the guidelines below.

## **What to Wear**

- Clients may wear light, comfortable clothing before the session. During the massage, you may undress to your comfort level. We do not provide disposable garments, so please prepare accordingly.
- Therapists wear the official NOIRA kimono-style uniform, designed for professionalism, comfort, and modesty.

## **Setting Up the Environment**

- Prepare a clean, quiet, and clutter-free space for the session.
- Use your own clean towels, sheets, or linen as therapists do not provide these.
- Maintain proper hygiene. Wash your hands before the session begins.
- Set the room temperature to a comfortable level.
- Lighting should be soft – dim lamps or candles are ideal.
- Music is optional – therapists can play calming background tracks or you may choose your own playlist.

## **Massage Tables & Equipment**

Our therapists do not carry massage tables with them by default. Most sessions are designed to be performed comfortably on your bed or floor mat setup.

If you would like a professional massage table provided, this can be arranged upon request for an additional fee of £30. Please notify us in advance to allow proper preparation.

## **Communication & Comfort**

- Before starting, your therapist will ask about your pressure preferences and any focus areas.
- Phones should be on silent during the session to maintain peace.
- You are encouraged to communicate freely during the massage if adjustments are needed.
- Hydration is key – drink water after the massage to support your body's recovery.

Following these simple steps ensures every NOIRA massage is a seamless, indulgent, and restorative experience.