

Appointments

Day, evening, and weekend appointments are available to suit your schedule. It's easy to reserve time blocks using the Web-based scheduling tool listed below. Or you can send an e-mail or call to reserve a time.

Contact David today
to make an appointment

Web scheduler

<http://nostress.tripod.com>

e-mail

NoStress@mail.com

Telephone

(412) 390-3045

Offices

2018 East Carson Street
Pittsburgh, PA 15203

425 Cochran Road
Mt. Lebanon, PA 15228

Mail

616 Olympia Road
Pittsburgh, PA 15211

On-site massage and gift certificates are
also available.

References available on request.
You can learn more about David at this Web page
<http://nostress.tripod.com>.

*"I've had massages all over the
World, including Thailand, and
David gives the best massage."*

B.K., Grove City, PA

*"Once I started getting massages
from David, I stopped going
to spas. Their massages can't
compare to David's."*

L.L., Erie, PA

"David is a Master."

D.M., Pittsburgh, PA

*"David has the best fingers in
Pittsburgh."*

B.T., Pittsburgh, PA

*"I've had 28 different massage
therapists in my life and David is
the best."*

S.C., Oil City, PA



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Do I have to Get Naked ? and other frequently asked questions about massage

answered by
David Wheeler
ABMP Certified Massage Therapist
Ph.D. Psychology

Do I have to get naked?

No. Massage can be done with all your clothes on or with no clothes on. The choice is yours. Sports massage and chair massage are usually done with your clothes on. First-time clients often choose to wear their underwear. People who are very shy may wear a swim suit or athletic gear for their first massage. When you become comfortable with your massage therapist, you may choose to remove your clothes to get a more soothing massage. In any case, you are draped during the massage.

What is draping?

Draping is the term referring to the covering of your body with sheets, towels, or blankets. The amount of draping is a choice of the client. I use a type of draping called “diaper draping.” This technique protects your privacy best. I then also drape you with a sheet over your entire body.

Won't the massage therapist see my private areas?

No. You are covered with a sheet over your entire body and just the part of your body being worked on is exposed. The area of your body visible is usually less than when you are wearing a bathing suit.

Your modesty has four layers of protection:

- 1 A sheet over your whole body
- 2 The diaper draping
- 3 Underwear, if you choose to wear it.
- 4 I don't look.

How often should I get a massage?

It depends. People with specific problems could benefit from a daily massage. Usually, people need to have massage more frequently when they first get started. A weekly or biweekly massage is often necessary initially. After a few months, the need usually decreases to once every three or four weeks. If I do not get a massage at least once a month, I find that I work less efficiently.

I value frequent, repeat customers and offer a price discount for these special clients.

What if I don't like my first massage?

Try it again. Give a new massage therapist at least three chances. The first session is often not the best. You might be a little apprehensive. Your massage therapist may be a bit cautious. By the third visit, you know each other and the third session is a good indication of how the massage will be in the long run.

Be sure to let your therapist know what you liked and what you would like different.

I offer a special introductory package for three massages to make sure you have a chance to discover how much massage benefits you.

**Will it hurt?**

I try not to make it hurt, but sometimes muscles that are really tight are painful even with light touch. Let your therapist know if something hurts. They cannot feel your pain. You have to say “ouch.” This is especially important during stretches. A painful stretch could cause damage; so, let your therapist know when you begin to feel the limits of a stretch. If you are asked to actively push during a stretch, only push until it begins to hurt. Don't push any harder.

Will I get addicted to massage?

No. You'll never crave more massage than your body needs. If your body needs massage, the experience will feel good. If your body doesn't need massage, the experience will feel neutral.

Areas of your body that need the massage will feel good. Let your massage therapist know when something is feeling good. More focus can be put on that area. If something feels neutral, let your therapist know and less time can be spent there.

Does the sex of the massage therapist matter?

No. Massage has nothing to do with sex. Therapeutic massage is given to improve the functioning of your body and mind. Women and men can give the same type of massage. The style of massage is far more important than the gender of the therapist.