

**Prepare for Your Horse's Massage**

* Develop a game plan, or wing it—your call!  Some owners like to schedule with goals in mind; others are just curious to see what comes up in a loosely-framed session.  Either orientation is fine and will serve your horse well.
* Between regularly scheduled sessions, please take note of any changes in your horse’s behaviour, diet, mood, or performance.
* Whenever possible, scheduling during routine down-time hours (e.g. away from feeding times) will promote your horse's greatest relaxation during his massage.
* If you ride your horse prior to his/her session, please allow him/her ample time to cool down and dry off before I arrive.
	+ Avoid bathing your horse or using coat polishers like ShowSheen® before his massage.  As long as he is dry and free of any major dirt clumps, he's ready to go.
* Please plan to allow approximately 45 minutes for your horse's massage. Initial sessions include discussions and static/dynamic observations that may cause the appointment to run longer.
* Ask questions! Please be in touch with me at any time if there's anything I can help explain or clarify about your horse's upcoming massage.