

## My Sol Touch – FAQs



### Who is available and who can come?

- Are there female bodyworkers that I can request?  
A. No. My Sol Touch is for everyone, but there is only one masseur. Rob.
- Your services say that everyone is welcome, but the site features a lot of men. Is MySolTouch for men?  
A. My Sol Touch used to be a service dedicated exclusively to men's health and well-being, because men, quite simply, do not have the range of massage, bodywork, and spa treatment options that women have. I wanted to offer more options to men who desire safe, emotionally intimate, healing massage.  
Though the majority of Rob's clientele are men, Rob has developed a steady clientele of women who regularly receive massage for relaxation.
- Are all men welcomed and treated respectfully?  
A. All men – heterosexual, queer, questioning, curious – are welcome and treated with dignity and respect. My Sol Touch is a no-shame service.
- Do you massage both men, women and trans adults?  
A. I welcome adults of all kinds: straight/gay/bi/trans, men/women men, younger (18+) and older, API/Black/Latino/Native/White. I consider every person a brother and sister.
- Do you welcome all body types?  
A. Yes. I am a person who first, and foremost, believes in love, respect, dignity, inclusion and equality for all...and I mean ALL. I've been super lean and muscular in my life and have also carried more than 40 pounds of extra weight. Who am I to judge anyone? All bodies are beautiful in their own way. All types are welcome as long as they are clean.

### Before a treatment and upon arrival

- What is the bodyworker expecting of me before I arrive?  
A: Please shower thoroughly before you arrive. If you have not showered, I will offer you the opportunity when you arrive. If you are a first-time guest, please download and complete the *Client Consent Form* before you arrive and plan on arriving 15 minutes before your massage appointment so that we can chat about your needs, desired bodywork treatment, health history. Then, we'll be ready to begin.
- What can I expect when I arrive?

A: Please arrive 10-15 minutes before your massage is scheduled to begin. When you arrive, I will greet you with warmth. We will chat for a few minutes to make sure that we each calm ourselves and settle into a comfortable space with one another. I'll check in with you about the day, your thoughts and feelings, energy level and if there are special intentions or desires for the bodywork session. Then you can use the bathroom to freshen up and I will take care of the final preparations in the bodywork space (e.g., lighting, music, etc.). When you're ready, we'll begin.

- Should I shower before the treatment?

A: Yes, for sanitary and hygienic reasons as well as for your relaxation. Also, when oils are used, they capture what is on the skin. So, if there are unclean areas that will be touched/massaged, the oil will pick up the dirt and will mix with the body scent. Please shower before arriving, or feel free to shower at my studio. You are more than welcome.

- What if a client doesn't want to shower before a treatment or doesn't shower before arrival?

A: If a client arrives and chooses not to shower onsite or before arrival, the bodyworker will use moist towelettes to gently clean the client's feet, face, and underarms prior to beginning the bodywork treatment.

- Is a shower available after the treatment?

A: Yes. The in-home studio offers clients a shower areas. Hygienic products are offered to clients for individual use at the end of a session (e.g., moist towelettes, towels, etc.).

## **During the treatment**

- What if I become emotional during the bodywork treatment?

A: Emotional expression is natural during various bodywork experiences. Guests arrive in various emotional states, have various emotional needs, and massage experiences (e.g., quiet space, body touch, compassionate listening) may raise to the surface various emotions. When strong emotions become evident, I simply check in with my guest about his emotional state. I may gently pause and ask, "how are you doing?". I will adjust the massage encounter to meet the guest's need (e.g., slow or cease the bodywork, interrupt the massage and invite silence, or patiently empathically listen while clients share what they are sensing or feeling.).

- What if I become uncomfortable during the treatment?

A: Bodywork time is your time, not my time. If a guest becomes uncomfortable for any reason (e.g., massage type, pressure, touch, climate in the room, emotional state that a client is experiencing, etc.), the guest is invited to speak up, request that the service change, or stop immediately.

- What if I get aroused during the treatment?

A: It is natural for arousal to occur during a treatment, for both men and women. Adults can experience both physical, emotional and psychological shifts during a bodywork treatment. Sometimes they rest peacefully and even sleep. Sometimes they daydream. Sometimes the practitioner's professional technique, though draping is used, may touch upon a part of the body that gives the client a trigger that

triggers some response. Some clients simply have not been touched in so long, that any touch triggers a response.

Though arousal may occur the practitioner remains professional. Bodywork is not a sexual service and there will be no inappropriate touch.

This is nothing to be embarrassed about. Remember, the bodywork professionals has seen hundreds of naked bodies during his training programs and professional experience. He will not be shocked and neither should you. Have no worries.

## Bodywork Services

- Do you offer couples' bodywork or 4-handed massage?  
A: No. I don't have 4 hands (smile). I also don't work with a partner.
- If a bodywork out-call is requested, can it be done on a bed?  
A: No form of massage should ever be performed on a bed. Bodywork compresses and stretches muscles around and away from skeletal structures. A body is pressed down upon. Beds do not offer firm surfaces (a firm mattress doesn't count). Performing a body treatment on a bed can actually hurt a client. A bed also makes it very difficult for a bodyworker to move around the body easily. Massaging a client on a bed can be easily misinterpreted as a sex encounter.
- Do the bodywork sessions involve sex?  
A: No. My Sol Touch bodywork is not a sex service.
- Are bodywork treatments/sessions sensual?  
The word "sensual" is defined as intimate pleasure derived from the senses. Massage and bodywork can certainly feel sensual to some people because they derive pleasurable feelings and body sensations from whole-body touch or the touch of various areas on the body. My Sol Touch treatments are not sexual, but to some, the gentle, tender touches incorporated into Tao or Thai Oil Bodywork may feel sensual. The type of preferred draping (i.e., sheet, towels, shorts, underwear, etc.) can help a client feel reduce the areas of the body that receive touch and therefore limit the senses that are triggered during touch.
- Can I ask for a combination of massage techniques?  
Yes. Most certainly. Upon arrival, let Rob know what combination you prefer.

## Bodywork Products

- What oil do you use?  
A: Two types of oil are used: Sunflower Oil and Safflower Oil. Neither is scented.  
  
Massage oil is the traditional first choice for *Tao Bodywork* and *Thai Oil Bodywork*. Massage cream is the first choice for Sports Bodywork. \*Massage cream can be substituted, upon request, except for Thai Oil Bodywork treatments.
- What massage cream do you use?  
A: Bon Vidal w/Jojoba massage cream is used for some massage services.

- Does the bodyworker use any devices during a treatment?  
A. The bodywork practitioner may use a hand-held “thumper” to loosen muscles before or during Sports Bodywork treatments.

## **Scheduling**

- Do you do out-calls?  
A: Yes. Bodywork treatments can be done at your home or a hotel. There are additional fees for out-calls beyond a 5-mile radius of the bodywork professional because of the time it takes from my work schedule to provide outcalls at longer distances.
- Are outcalls available for hotel stays?  
A. Yes. Please call if you are at a hotel in the area and desire bodywork.
- Can I purchase a service for a friend or loved one?  
A. Yes. All clients are welcome. My Sol Touch has gift certificates and bodywork/massage packages available.
- What happens if I’m late or miss an appointment?  
A: Everyone runs late once in a while, so don’t stress about it. Call if you’re running late and call *sooner* (24-hours sooner) if you know that you have to reschedule.

If you are running late and I have another appointment scheduled immediately following your appointment, your session may be cut short. I’ll let you know if this is the case when you call.

If a session is shortened, then the price will be adjusted and agreed upon before the session begins. If you miss an appointment without providing 24-hours’ notice (e.g., call, email or text) we’ll simply chat about it.

## **Privacy, Confidentiality, Anonymity**

- Is my privacy assured in the studio?  
A. Yes. The My Sol Touch studio is located in a private space within my home. A full-bath is available. Guests can disrobe and dress in privacy. The bodyworker leaves the space while a client is disrobing, showering, and dressing.
- Is my anonymity and confidentiality assured? Is this a discreet service?  
A. Yes, for confidentiality and 100% discretion. Discretion is always assured.  
No, for anonymity. My Sol Touch maintains confidential records. No names are ever released in any form unless the client agrees to use a name in a testimonial. All service requests and conversations are confidential. Intakes cannot be anonymous. A client must provide identifying information since bodywork is considered a holistic health service.

## **Payment**

- What if I can’t afford it?

- A. Please take advantage of our discounts and deals (e.g., refer a friend, first-time clients, birthdays, gift certificates, etc.). Check out our facebook.com/mysoltouch page for weekly and biweekly discounts or checkout our Discounts and Deals list on our website.
  - B. Opt for an abbreviated session (e.g., 30-minute buff and rub, 45-minute refresher). Shorter sessions don't cover every part of the body, but they target areas that need relief, and they are more cost-effective.
- What forms of payment do you accept?
    - A. Venmo, Cashapp, Zelle, Paypal, and Cash

## Legal requirements and restrictions

- What if I don't want to provide my real name, full name, contact information, or do not wish to complete the intake form?
  - A. Please feel free to seek and find a different bodyworker or massage therapist. My Sol Touch is a professional service. It has legal responsibilities that cannot be fulfilled without intake forms, consent forms, and confirmed client contact information. A client places themselves at risk of aggravating health challenges by not completing the Intake Form and places the bodyworker at risk by not providing information.
- What if I don't feel comfortable signing the consent form?
  - A. See the above answer. Consent is mandatory; I cannot provide service without it.
- Are cameras or videos used or allowed?
  - A. Guest photography and videos are not allowed during massage sessions. If a guest would like photos or a video of any part of a massage service, the guest must discuss its purpose and use with the masseur, sign a photo/video release, and utilize the masseur's photo and video camera.
- Why do you ask about health issues, and what if I have health issues?
  - A. Bodywork is a health service. It is designed to enhance your physical health, mental health, emotional health, sexual health, and spiritual health. Clients must complete a health assessment form before receiving bodywork treatments. I ask about physical health issues because certain health issues are contraindications for certain massages and massage techniques. When a person has certain health conditions, various massage techniques may aggravate the condition. It also me to call for medical support should your health condition become aggravated for some reason during the massage.  
If you have health issues, don't be embarrassed about them. Embarrassment is a form of self-shame and self-blame...neither is emotionally, mentally or spiritually healthy. Disclose the physical health issues to me. I never judge. I can either work around them or recommend a massage therapist who specializes in a type of massage that would be beneficial, or at least not aggravate your conditions.
- Are you (the bodyworker) healthy?
  - A: Yes. I receive annual exams with full bloodwork. I'm healthy inside and out. All appointments will be cancelled and rescheduled should I feel ill.