

ATTIRE & PERSONAL HYGIENE SUGGESTIONS

Here are attire and hygiene considerations to keep in mind when practicing Sarga Bodywork:

1. Always wear clean and professional clothes that you can move freely in.
2. Don't wear clothes with a lot of extra trailing fabric as it will get in the way of your strokes and your Sarga wrapping techniques. For considerations of modesty, loose or baggy clothes are not ideal, as a supine recipient might be able to see up your shirt or shorts if they are too loose.
3. Capri pants (three quarter length pants) are ideal because long pants that go all the way to the ankles will get in the way of your techniques; you don't want to have any clothing touching recipient's bodies.
4. Consider wearing colors/materials that don't show sweat stains as Sarga Bodywork can be a rigorous practice and some individuals might experience excess perspiration, especially in the beginning as you build up your strength and stamina while adjusting to the new techniques.
5. If you have long hair, keep it tied up and off your face and neck for ease of movement and to keep it away from the wrapping methods of the Sarga Strap.
6. Always be showered, clean and wearing deodorant; bodywork is a close contact practice and you want to stay as clean and fresh as possible.
7. Brush your teeth frequently and after eating. It is a good habit to have a toothbrush, toothpaste, and breath mints at your studio or in your bag for a quick refresh before and after treatment sessions.
8. Remove all jewelry, especially rings, bracelets, toe rings and anklets. Be mindful of long trailing earrings and necklaces as these may catch on the Sarga Strap.
9. Keep the nails of your fingers and toes very short and nicely filed with no rough edges and cuticles. It is smart to always carry a nail clipper and a nail file with you. (See *"Foot Hygiene and Care"*).
10. If you are someone who perspires a lot, keep a small towel handy to dry off sweat as necessary. One of the best places to keep a small washcloth or hand towel is tucked into your holster strap or on your person to avoid having to break contact with the recipient or step up and down from the treatment table.

SELF-CARE SUGGESTIONS

One of the great benefits of being a bodyworker is that our trade requires us to maintain a high level of health and awareness in our own bodies. It encourages us to be at our best, so we may be full of energy and able to give as much as our trade requires. To achieve this, it is essential to remember that the first person we need to take care of is ourselves. Here are some basic self-care practices.

1. Drink large amounts of water to stay well hydrated throughout your workday.
2. Get plenty of sleep. In our fast-paced lifestyles, many of us are having increased difficulty relaxing into a parasympathetic state and are not getting enough quality sleep.
3. Wholesome diet: This is a vast and personal subject and one that is hugely contextual and relative to each individual's needs and preferences. However, one basic concept at the base of all healthy and mindful dietary approaches is to consume organic, fresh, and minimally processed foods whenever possible.
4. Sarga Bodywork is a great exercise practice in and of itself, however even if you feel like you have had plenty of physical activity after a long day at the office, make sure that you incorporate other movement practices in your daily life. A diverse movement practice will enrich your neuromuscular health, enhance your bodywork practice, and help you to release unwanted tension and misalignments.
5. Swimming (in the ocean if available) is excellent for cultivating qualities of ease and fluidity and for releasing tension.
6. Foot Exercises: Practice the foot exercises we demonstrate in class. These are easy to do anywhere (carry a small Lomi Ball in your bag and leave one at your studio). You may want to do these exercises in the morning before your workday begins and/or in between treatment sessions.
7. Foam Roller/Lomi Ball Exercises: Use a foam roller or the large Lomi Ball for releasing tension and sore muscles after a long day.

CHECKLIST FOR SARGA BODYWORK ON RAISED MASSAGE TABLES

1. A Massage table that meets all requirements listed in "[Safety Considerations for Sarga Bodywork on Raised Massage Tables](#)".
2. A Sarga Bodywork Table Kit (Sarga Attachment & Sarga Strap).
3. One or two stools, 28-30" in height or per your height preferences. Stool height can also be adjusted by adding a yoga block.
4. Anti-slip rug material for your stool's sitting surface.
5. One set of cotton flannel sheets per treatment (1 fitted, 1 top sheet & 1 headrest cover).
6. One hand towel & one small washcloth per treatment.
7. A foot-bath basin.
8. An instant hot water maker (see "[Foot Hygiene in Your Studio](#)").
9. A sanitizing spray.
10. Tea tree oil for footbaths.
11. A lotion holster.
12. Myo.Rub.
13. A foot file (see "[Foot Care and Hygiene](#)").
14. A pair of studio slippers (see "[Foot Hygiene in Your Studio](#)").

STATIONARY OR ELECTRIC MASSAGE TABLES

1. A stationary massage table that meets all requirements listed in "[Safety Considerations for Sarga Bodywork on Raised Massage Tables](#)". Note that some stationary massage tables may have cushioning that is too soft, making it unstable for practitioners.
2. A frame that can accommodate the installation of [Sarga Loops for Stationary Tables](#), i.e. a table with a frame that can be drilled into for fixing these hardware units.

CHECKLIST FOR SARGA BODYWORK ON FLOOR TABLES

1. A portable massage table with “shiatsu release cables” or the ability to unfasten one end of both horizontal undercarriage cables (tools required for the latter).
2. Installation of the Sarga Floor-Loops (see [“Sarga Floor-Loop Installation”](#)).
3. A Sarga Strap.
4. A [Sarga Headrest Floor Board](#).
5. [An extra-large yoga mat](#) (10 x 6 foot) to provide a sanitizable surface surrounding your massage table/mat. For a more affordable and portable option, an anti-slip rug pad can also do the trick!
6. If your massage table’s headrest is not designed to lay flat on the floor, affecting cervical alignment and/or making breathing stuffy for your recipients while lying prone, an ergonomic and ventilated headrest designed for lying on flat surfaces is available from [Body Support Systems](#).
7. One or two yoga blocks for seated neck and shoulder work. Available for purchase online or at your nearest yoga studio.
8. One set of cotton flannel sheets per treatment (1 fitted, 1 top sheet & 1 headrest cover).
9. One hand towel & one small washcloth per treatment.
10. A footbath basin.
11. An instant hot water maker (see details in [“Foot Hygiene in Your Studio”](#)).
12. A sanitizing spray.
13. Tea tree oil for footbaths.
14. A lotion holster.
15. Myo.Rub.
16. A foot file (see details in [“Foot Care and Hygiene”](#)).
17. A pair of studio slippers (see details in [“Foot Hygiene in Your Studio”](#)).

PRODUCTS WE LIKE

1. COTTON FLANNEL SHEETS

The type of sheets used for Sarga Bodywork is safety consideration as synthetic/polyester sheets can be slippery for standing practitioners. We recommend the "Standard Flannel" TOP sheets from both [Inner Peace Sheets](#) and [Sew & Sew](#) (*Note that these sheets are narrower in width than your average massage sheets. We prefer this width as there is less fabric to negotiate during treatments. You will also be able to fit many more sheets in a load of laundry, saving time and resources!*). For FITTED cotton flannel sheets see: [NRG Deluxe Flannel Sheets](#) or [Arcadia Organic Cotton Flannel Sheets](#).

2. FOOT CARE

One of the best quality foot files that we have found is the [Swedish Clover Foot File](#) which can be purchased online. This file has a coarse side and a smooth side. Use on wet or dry feet. The coarse side may be too rough for some feet. Also check out the [Earth Therapeutics Smoothing Stone](#).

3. FOOT BATH BASIN

A durable and inexpensive [foot bath basin](#).

4. FACE CRADLE FOR FLOOR-BASED BODYWORK

If your massage table's headrest is not designed to lay flat on the floor, affecting cervical alignment and/or making breathing stuffy for your recipients while lying prone, an ergonomic and ventilated headrest designed for lying on flat surfaces is available from [Body Support Systems](#).

5. XL YOGA MAT (10 x 6 FOOT) FOR BODYWORK ON FLOOR-BASED EQUIPMENT

[This mat](#) is large enough to provide a sanitizable surface surrounding an average sized massage table (laid flat). Position the bottom edge of your table so that it is even with the base of the mat. Prices on this type of mat fluctuate so be sure to shop for the best deal. A mat less than 9 x 6 feet in dimension is *not* ideal.

6. WOODEN STOOL

A [saddle style wooden stool](#) for seated work.

7. PORTABLE STOOL FOR SEATED WORK

A [foldable stool](#) for easy portability. Use with a [yoga block](#) if more height is needed.

LIFE AFTER SARGA TABLE 1

1. **PRACTICE!** As soon as possible, practice the techniques and routines learned in class. We recommend that practitioners deliver around 20 Sarga Bodywork sessions before offering this service to paying clients or adding Sarga Bodywork to your treatment menu.
2. **PATIENCE.** Be patient with yourself. You are learning an advanced massage technique. It will take a bit of time for these techniques to become easeful and natural.
3. **PICTURES.** One of the great things about Sarga Bodywork is that it is a visually stunning modality! Once you become comfortable with the techniques, take some pictures and video for your advertising media.
4. **STAY POSTED!** Stay connected with Sarga Bodywork teachers and alumni through [Sarga Membership](#), our [Sarga Graduates Facebook Page](#), through [Instagram](#), our website, and our [E-mail list](#). We post new course dates and locations and other developments through these venues. We love to hear from our graduates and hope to stay connected to support you and your practice.

SARGA MEMBERSHIP

SARGA MEMBERSHIP offers members a range of benefits that includes access to online resources, discounted products and services, and technical support from the Sarga Bodywork team. The request for information and interconnectivity by Sarga graduates comes as a pleasant surprise, and we are happy to meet this challenge and respond accordingly!

We look forward to supporting you in your professional Sarga Bodywork practice and hope to inspire further success, and creative ideas related to branding, whether that is for your business practices, your bodywork methods, and/or getting more recognition through and with Sarga Bodywork.

SARGA MEMBERSHIP BENEFITS:

- Listing in the Therapist Directory on the Sarga Bodywork.com homepage.
- 10% off Sarga Bodywork's online store, with online code.
- 20% off Sarga Bodywork's graphic design print service, with online code.
- 15% off Sarga Bodywork's signature massage table by Earthlite, with online code.
- 15% off Earthlite's entire online store when ordering through Sarga Bodywork.
- 15% off Lily Lotus brand clothing, with online code.
- Membership in the Sarga Member Facebook Page which will serve as an archive for technique videos and technical tips and information from the Sarga team.
- Access to a cache of Sarga Bodywork logos, stock images and videos that can be used with your marketing media.
- Continued access to the latest version of the online course manuals for the Sarga Bodywork classes that you have completed.
- Downloadable Sarga Bodywork Client Intake Form.

SARGA MEMBERSHIP REQUIREMENTS:

- Successful completion of a Sarga Bodywork Certification Course.
- Proof of completion of 20 practice sessions with the client feedback form provided by Sarga Bodywork (see link in online manual).
- Proof of current massage license with each renewal cycle.
- Proof of current liability/malpractice insurance with each renewal cycle.
- Payment of the annual membership fee.
- Agreeing to the terms of the [Sarga Member Agreement](#).