



# Massage Room Setup Checklist

## Massage Table

- Table is centered with 3 feet of clearance
- Table height is adjusted for body mechanics
- Clean, wrinkle-free fitted sheets in place
- Face cradle covered and aligned
- Table warmer turned on (if needed)

## Lighting & Ambience

- Overhead lights off or dimmed
- Soft, warm-toned lamp or candles lit
- Natural light controlled with curtains or shades
- Lighting "scene" set if using smart bulbs

## Scent & Sound

- Speaker connected and placed discreetly
- Music is on (~40dB), calming or instrumental
- Diffuser with light, hypoallergenic scent
- Scent-free option for sensitive clients
- Room is soundproofed for outside noise

## Temperature & Air Flow

- Room feels warm and comfortable
- Heater, fan, or air purifier set up as needed
- Clean blankets and towels layered on table
- Coverings or robe available for client

## Cleanliness & Storage

- No visible clutter or personal items
- Oils and tools organized and within reach
- Used linens placed in a lidded hamper
- Surfaces wiped down and sanitized
- Ample space for client's belongings

## Extra Touches

- Color palette and decor consistent with branding
- Subtle touches added to reflect your practice
- Mirror for clients to check appearance post-session
- Functional items (like an ergonomic stool) for your comfort
- Feedback cards or QR code for reviews or rebooking
- Small calming token just for you

## Insurance

- Proof of insurance displayed

*Need help checking off the last step? [Beauty & Bodywork Insurance \(BBI\)](#) offers top-rated massage liability insurance, starting at \$9.99/month, to protect your business against costly claims. Get covered and work with peace of mind today!*