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## Guide to Gifting Massage

When you're relaxing on a massage table, it's easy to see massage as a gift. Whether you're there to reduce pain, ease anxiety, or just simply need to escape the chaos of the world for a bit, massage can help you rest and reset. If you're thinking of sharing the gift of massage with someone else for a special occasion, or to support them or their caregiver during treatment, or "just because," you are almost certainly doing so from a place of love and generosity.

Obviously, I'm a big fan of giving massage as a gift! But just as with choosing to visit a massage therapist yourself, there are some considerations when offering this kind of gift.

### How to (successfully!) give the gift of massage.

Massage is an amazing gift! But there are a few steps to think about in advance.

**Think about the best way to deliver your gift.** Gift certificates are the easiest way to give a massage as a gift, as it allows the individual to schedule on their own. Scheduling on their behalf can sometimes work as well, although this can require additional strategic planning.

**Look for genuine excitement.** When you mention massage are they enthusiastic about the idea? "Oh my gosh, that sounds amazing!" is what you're looking for, not a polite "Yeah sure, I guess I would go if it were free." If you can get a more excited response by offering new socks, go with the socks. But many people are thrilled by the idea of getting a professional massage as a gift.

**Talk with your massage therapist.** Are they accepting new clients right now? Do they allow people to purchase massages as a gift? Do they offer the kind of massage this person needs or wants? For example, I offer oncology and integrative therapeutic massage to those are looking for help with pain, stress and anxiety management. The intent is to provide a relaxing and restorative experience. If you're looking to give a massage as a gift to someone who needs attention for musculoskeletal injuries or acute musculoskeletal pain, this wouldn't be the best fit.

**Plan WELL in advance if you want to make the appointment for them.** Massage openings fill quickly, and I am often booked 6 to 8 weeks out. I do have a standing wait list if you would like to opt to be on that for any last minute openings.

**Consider and remove obstacles.** Unlike a nice sweater or a juicy novel, there can be a few barriers to someone enjoying even a gifted massage.

- **Transportation and accessibility.** Will you need to help them get to their massage?
- **Childcare and other caregiving responsibilities.** Will they be more likely to accept the gift if it's accompanied by an offer to babysit?
- **Anxiety.** Receiving a massage for the first time can be intimidating for some. Refer them to my What to Expect section on the webstie if they have any questions.

## To give the gift of massage:

1. Visit <https://joanrau.com/gift> to make your purchase.
2. Select an **eGift Card amount**.
3. If applicable, enter a promotion code.
4. Enter your name and email address.
5. Select whether you'd like to send this voucher **as a gift** > enter the recipient's name and email address for delivery.
6. Add a personal message for the recipient.
7. Select whether you'd like this eGift Card sent immediately or on a future date > **Continue**.
8. Enter your payment card details at checkout, confirm order details > **Place Order**.
9. If you are sending an eGift Card to yourself or to someone as a gift, you or the recipient will receive the eGift Card to the email address entered. You can view the eGift Card 16-digit redemption code, and click **View Your eGift Card** to associate it to a phone number.

## Redeem an eGift Card

When you're ready to use your eGift Card, simply provide the the 16-digit eGift Card number to process the payment. This can be found in the original email you received containing your eGift Card.

***Note:** If no longer have access to the email inbox or did not receive the email, check your junk mail or ask the seller to resend the email to you via their Gift Card Dashboard online. If you've added your phone number via your eGift Cards details page, you can also provide your email address or phone number to search your eGift Card.*

## Reload a eGift Card or Check an eGift Card Balance

You can reload your eGift Card or check your gift card balance online by clicking on the **Manage your Square gift cards** link in your original email.

From there, click on the Gift Card > **View gift card details** to view the balance, the date and time the funds were loaded, and your transaction history if you have redeemed.

To reload your gift card:



1. From the **Gift Card**, click **Reload card**.
2. Provide your gift card number and PIN, if applicable. If your gift card does not have a PIN, check **I don't have a PIN**.
3. Choose an amount to add to your gift card and add a promo code if applicable, then click **Continue**.
4. Provide your payment details, confirm your order details, and click **Pay with Card**.

*Note: eGift Cards do not expire.*

