

## Towels, Sheets and Couch Covers

**Towels:** During your massage training and ongoing practice you will be required to drape your clients, this is called Modesty Draping. It is used to keep your client warm, comfortable and prevent them from feeling and being exposed. Whilst you are training at LSM you will use your own towels when you are being massaged, this means the towels and sheets you bring will be used for only you.

When purchasing the towels, we advise 100 x 150, but this is a rough guideline, the towels should be big enough to cover you in the following way.

**Sheets or Couch Covers:** Before you or your client lay on the massage table it must be covered with a sheet or couch cover. If you are planning to use a Bed Sheet, then the best type is a Flat Single. If you are planning to purchase a couch cover, then ensure it is one-size-fits-all / universal with a face hole. If you are using a Bed Sheet, then a hole must be cut for when you are laid on your front.

A) Bath Towel, B) Bath Towel, C) Hand Towel and D) Couch Cover or Bed Sheet

All towels, sheets or couch covers **must** be Black or Dark/Navy Blue.

