

## Massage

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- 1.** Do you like getting massages? What's good about them?
- 2.** Where do people usually get massages in your city? Have you been to one?
- 3.** Who gives the best massages you know? What do they do?
- 4.** What do you do after getting a massage? Do you feel different?
- 5.** Have you ever given someone a massage? Was it hard to do?
- 6.** What part of your body gets tired or sore most often? Do you massage it yourself?
- 7.** Has anyone in your family ever given you a massage? Was it any good?
- 8.** What is the longest massage you have ever had? How did you feel afterwards?
- 9.** If you could get a free massage right now, would you want one? What kind?
- 10.** Do you tip massage therapists in your country? How much do people usually give?
- 11.** Have you ever used massage oil or lotion at home? What kind did you use?
- 12.** Does your country have a long history of massages, or is massage somewhat new? What do you know about its history?
- 13.** What types of massage are popular in your country? Have you tried any of them?
- 14.** Are massage chairs popular in your country? Where do you usually see them?
- 15.** Have you tried many different types of massage? Which one was your favorite?

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1. How long does a good massage usually take? Is that enough time?
2. Have you ever gotten a massage on vacation? Tell me about it.
3. Do you prefer a gentle massage or a deep-tissue massage? Why?
4. What's the worst massage experience you've ever had? What went wrong?
5. What kind of music or sounds help you relax during a massage? Why those sounds?
6. What is the most relaxing massage you have ever had? What made it so good?
7. Do you prefer to talk or be quiet during a massage? Why?
8. How is massage viewed in your country? How common is it?
9. What do people in your country think about massage as a career? Would you ever consider becoming a massage therapist?
10. When was the last time you got a professional massage? How about a nonprofessional massage?
11. Have you ever used a massage chair or some other massage device? How was it?

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1. Do you think a massage is a good gift for someone? Why?
2. How much does a massage usually cost where you live? Do you think that is a fair price?
3. Should massage be covered by health insurance? Why or why not?
4. Are professional massages worth the money? When are they worth it?
5. Do you think regular massages can improve your health? How so?
6. What do you think makes a good massage therapist? Give me some examples.
7. Do you think massage is more about physical health or mental relaxation? Explain your thinking.
8. What do you think about couples massages? Are they a good idea or a waste of money?
9. Some people feel uncomfortable being touched by a stranger during a massage. Do you understand that feeling, or do you think people should just relax? Why?
10. Some massage chairs cost thousands of dollars. Do you think expensive massage chairs are worth the price? Why or why not?
11. What do you think the future of massage will be?

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1. Is it better to get massages regularly or only when you're in pain? What are the benefits of each approach?
2. Some people say massage is a luxury, and others say it is a necessity. What do you think? Is it different for different people?
3. Do you think men and women have different attitudes toward getting massages? Is it the same in your country?
4. How has the wellness industry changed the way people think about massage? What do you think about those changes?
5. How is massage different in Eastern cultures versus Western cultures? What influences those differences?
6. Compare how massage is used in sports recovery versus stress management. How is the approach different?
7. What are the ethical considerations for massage therapists working with vulnerable populations? What can be done to address those concerns?
8. Compare the massage industry in high-income countries versus low-income countries. What explains the differences?
9. How has social media changed people's expectations of spa and massage experiences? What do you think about those changes?
10. In some countries, massage is part of the medical system, while in others it is seen as a luxury. How does this difference affect people's access to massage and their health?
11. Compare how a professional athlete and an office worker might benefit differently from regular massages. What does each group need most?
12. How do online reviews and ratings affect small massage businesses? What can be done to make the review system fairer?
13. How has the popularity of massage tourism affected local massage industries in countries like Thailand or Bali? What are the benefits and drawbacks for the local community?
14. Can a massage chair ever be as good as a human masseuse or masseur? What are the pros and cons of a massage chair vs. a human masseuse or masseur?

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1. Massage is often marketed as both a medical treatment and a luxury experience. How does this dual identity affect who gets access to it and how seriously it is taken?
2. The wellness industry has turned ancient massage traditions into branded products and franchise businesses. What is gained and what is lost when a cultural practice becomes a global commodity?
3. Some countries regulate massage therapists like healthcare professionals, while others have almost no regulation. How do these different approaches affect public trust, safety, and the reputation of the profession?
4. Massage therapy has been practiced for thousands of years, yet modern medicine has been slow to fully accept it. Why do you think some forms of healing gain scientific credibility while others remain on the margins?
5. As AI-powered massage robots and automated devices improve, what happens to the human connection that many people say is the most important part of a massage? Can technology replicate that, or is something fundamentally lost?
6. Massage parlors have sometimes been associated with illegal activity, which has affected the reputation of the entire industry. How do legitimate massage professionals deal with this stigma, and what would it take to fully separate the two?
7. Many people will pay for a massage only when they are already in pain, rather than using it for prevention. What does this pattern say about how people in general approach their health, and why is preventive care so hard to sell?
8. Corporate wellness programs now often include massage as an employee benefit. Is this genuine concern for workers' well-being, a productivity strategy, or both? How do you think employees see it?
9. When someone from a Western country travels to Southeast Asia for a cheap massage, both sides benefit — the tourist gets affordable relaxation and the therapist earns a living. But is this exchange truly equal? What power dynamics are at play?
10. In many cultures, professional touch was once taboo or tightly controlled. How has the normalization of massage reflected — or driven — broader changes in how societies think about physical boundaries?