



Fact File

My guidance for attempting to break the world record for the Longest full-body massage

Plenty of people would love to receive a massage, but perhaps not for this length of time. My attempt started out well since I was full of energy, but predictably, I began to show signs of fatigue as the long repetitive hours dragged on. I did, however, manage to keep going and that's what matters in the end.

To start, gear up for a few rules, such as:

- ensure you have sufficient witnesses.
- massage non-stop except for during the official breaks.

If you've got the mental strength and physical stamina to massage seemingly without end, give this a try. I'd suggest you eat well beforehand and pay particular attention to how long your digestive system takes to process anything you ingest!

Still keen? WorldRecordChase.com is happy to mentor others wishing to attempt this world record, at reasonable rates.

Enjoy.

Please note: neither Alastair Galpin nor WorldRecordChase.com will be responsible for any actions whatsoever undertaken by any person as a result of visiting this website. If you intend to attempt to emulate any of Alastair's world record attempts, always seek expert advice.