



Policy Statement

Purpose

Massage performed by a licensed massage therapist involves the manipulation of soft tissue through touch to promote better health and improve well being. Recipients may experience benefits such as increased range of motion, improved circulation, muscle relaxation, more efficient digestive and immune functions, reduction of anxiety, improved posture, deeper breathing, and a greater sense of the mind-body connection. Bodywork is cumulative and multiple sessions may be more beneficial.

A licensed massage therapist does not diagnosis medical conditions or illnesses, prescribe drugs, perform spinal manipulations, or any other action outside of the scope of practice. Occasionally, a client may be offered a referral in an effort to help achieve better health; however, it is the client's responsibility to develop an independent relationship with a qualified health care professional.

Required Information and Forms

A Health History form must be completed prior to the initial treatment. Massage is contraindicated (can make certain problems worse) for some conditions so it is imperative that all health issues including those not listed on the form be presented honestly and completely. Clients must agree to keep the practitioner updated to changes in their medical profile as they occur. Please share any allergies so product selection may be modified.

A Client Consent form is also required prior to initial treatment. If client is under 18, the parent or guardian must sign the consent form in person.

Scheduling

All sessions are by appointment only.

Please text or call to request appointments. When leaving a message or sending an email, include your name, phone number, and a time you would like considered. Do not assume requests have been accepted as an appointment until you have been contacted and confirmed.

Please understand if you are running late your session time will not be extended and full payment is expected.

If you should need to cancel your appointment, please call within 48 hours of appointed time so every effort may be made to fill your slot. ***Cancellations of less than 24 hours are subject to charges, \$25.00.***

- Continued -

Clients with infections or illnesses that may put other clients at risk may be rescheduled at the therapist's discretion. If you are sick, please call as soon as possible so your allotted time may be reassigned, and your appointment can be rescheduled.

Page | 2

Full payment is expected upon completion of session. Checks, cash, and credit cards/debit cards are accepted with a receipt will be given if requested. A check returned for insufficient funds must be dealt with immediately and will require future payments to be cash.

Authorized gift certificates are available and must be presented at the time of an appointment to receive services. Gift certificates are not redeemable for cash.

Professionalism

Confidentiality is upheld in conversation and in record keeping, during and after the session. Information will not be shared without written consent from the client unless required by law.

Privacy is maintained during the session with secure, modest draping techniques exposing only the body part being treated. If the temperature, pressure, music, or touch is uncomfortable in any way, please speak up. The session is designed for your comfort and should be enjoyed, not endured.

Because clear communication and an awareness of the work are necessary for optimal results, clients will not be treated if drug or alcohol use is suspected and full payment is required.

All therapeutic massage is non-sexual. Sexual activity, suggestive comments, or harassment will not be tolerated. The session will be terminated immediately and not rescheduled.

It is important to drink lots of water for the rest of the day following a massage to flush out toxins that have been released. Occasionally a client may experience a great improvement or a bit of discomfort the day following a myofascial treatment session. Please call or email any positive or negative results of your session so your experience may be documented. Relaxed clients are often unable to completely evaluate the treatment at the conclusion of the session and may have questions when they get home. Again, feel free to call or email your concerns; questions are generally answered within 24 hours.

Agreement

My signature on the consent form indicates I have read the entire policy statement and understand each of the four sections, have had my questions answered, and I agree to the policies of this practice.