

## MASSAGE POLICIES AND PROCEDURES

*Massage is one of the oldest all natural healing remedies used by mankind dating back to as early as 300 B.C. Almost every ancient culture had a term for massage, the manipulation of soft tissue for a therapeutic result. Massage is an intuitive ancient healing art that is said to stimulate the body's own natural healing process and help to restore and maintain homeostasis.*

### WHAT TO EXPECT

Please expect me to arrive 15-30 minutes early to our scheduled appointment time; this is so that we can discuss your medical history and so I can figure out your goals for the session, as well as set up my work area. After that I will leave the room and allow you time to disrobe to your comfort level. Keep in mind when deciding your comfort level that the only part of your body that will be exposed during the session is the part being worked on. You will always be draped by a sheet and a blanket if needed.

### FEEDBACK POLICY

Feedback during and after the treatment is highly welcome and encouraged. Open communication during the therapy session increases the satisfaction of the massage client and educates them on what they are experiencing. If at any time anything is uncomfortable, or you'd like a change of pressure or if you have any requests at all during the session, please feel free to speak up.

### NO SHOW POLICY

Please give a 24 hour notice for cancellations. If a 24 hour advance notice is not given it will be noted the first time, the second time you will be billed for the full session and it will be required that this bill be paid in full before any other appointments are scheduled. Likewise, if I cancel/reschedule appointments with less than 24 hours' notice, you will receive the next session at half price. If you are sick at the time of your appointment, you are strongly urged to reschedule as massage may intensify your symptoms. I reserve the right to make a determination as to the appropriate action to take. If you are late, please call if possible. Sessions will always start and end at the agreed time, arriving late will reduce your time but not the fee.

### SAFETY

For safety purposes the client is required to provide a picture ID. I check in upon arrival and departure of my appointments. Also, for safety reasons, all pets are required to be removed from the area or caged while I am there for our appointment. There is a limit to the number of people who can be present. You will be asked about who will be present during our appointment. If additional individuals are present when I arrive, our session will be terminated, and you will still be charged.

### MISCONDUCT

I am here to provide you with a strictly therapeutic massage in a professional, healthy, and safe environment. I will abide by the *Associated Bodywork & Massage Professionals* code of ethics. Sexual advances or misconduct in any way will not be tolerated, the session will be terminated immediately, and you will still be charged for the full session. Also, do not show up to your scheduled appointment under the influence of alcohol or any mind altering drugs or the session will be immediately terminated and you will still be charged for the full session.

SIGNATURE: \_\_\_\_\_ DATE: \_\_\_\_\_