

An Offering of Transparency

I offer you the transparency of what it takes to run my practice and some of the ways I use the cash that is given in exchange for my services.

Rent: \$25 per session

CPR/First Aid Certification: \$80 every 2 years

Laundry: \$5 per session

NCBTMB Certification: \$110 every 2 years

Website: \$290 yearly

ABMP Liability insurance: \$229 yearly

Spotify Music: \$131 yearly

Continuing Ed: \$1-\$3,000 every 2 years

WA business license: \$90 fee

Massage oils: \$470 yearly

WA massage license: \$166 yearly

Massage sheets: \$178 every 2 years

Not included in this list is my time spent scheduling, setting up the space for our time together i.e. cleaning, clearing, grounding, etc...charting our sessions, educating myself on updated policies and research in my field of practice, and all the self-care needed to continue to show up in a healthy, powerful way for you.

The reason that I ask for cash in exchange for my services is because I believe in a local economy; in the power, strength, and resilience that comes from supporting each other. Participating in a cash economy allows me to donate to local fundraisers i.e. personal go fund me's, local organizations; monthly reparations to [Jefferson County Anti-Racist Fund](#) and [Longhouse for the People](#), to support local businesses i.e. a food coop member, and farmers. This is an important way of living for me that is made possible by being paid in cash.

I do have a Washington State Business License # 603574927-001-0002 and I pay my Federal Self-Employment Taxes (15.3% of income) every year along with Washington State Excise Tax.

I feel it is important to also share that in order for me to remain in a strong, healthy body, to give my best, and to continue to show up for others in my life and community, I limit my appointments to 12 massages a week. My prices reflect what I need to charge in order to support myself.