

# General Considerations

**Scheduling** - Please notify me of any allergies or sensitivities to aromas or ingredients when you schedule your appointment. Please inform me of any injuries and/or medical conditions that may help me prepare for your session.

**Arrivals** - Out of respect and consideration to yourself, myself, and other clients, please plan accordingly and be on time. Please do not arrive more than 10 minutes before your scheduled appointment.

**First Session** - You will be required to read, fill out, and sign all paperwork before we begin working together. This will be provided for you at the beginning of your session. You are also able to print/fill out the forms prior to your session. I will send forms in an email. Please bring anything you may need to assist you with this process i.e. reading glasses, medical history, medication list, etc...

**Confidentiality and Conversation** - I strongly believe in creating a safe, healing space for all clients and will always provide confidentiality of all clients' visits and conditions. As such, I will not discuss your visit with anyone without your express permission. You may choose to talk or not talk during your session. Conversation will be guided by the client's direction.

**Gratuities** - Though not required or expected, gratuities are always appreciated. A "typical" gratuity is between 15-20%.

**Other Considerations** - It's best not to eat a heavy meal less than two hours prior to your session. If you need something to carry you over, have an easily digestible snack or light meal.

- Drink plenty of water the day before and into the day following your massage. This will help in your ability to flush toxins released from your muscles due to the massage work.

- Plan on "taking it easy" for the 24 hours following your session. This will aid your body in fully integrating the work received.

- You are asked to undress to your comfort level during your session, if receiving bodywork/massage. If you prefer to wear clothing or you are receiving a reiki session, please wear loose or comfortable clothing you can easily move in and are comfortable getting oil on (for massage).

- Please refrain from wearing strongly scented oils, perfumes or cologne.

# Policies

I strongly believe that your time is valuable, as is mine and I make every attempt to be ready for your appointment at the scheduled time. In my commitment to provide a customized, safe, and healing experience to all of my clients the following policies are honored:

**24 hours notice** - I make the commitment to guarantee your appointment time by refusing all other requests for that time, once you book your appointment. In return, if you must reschedule or cancel, I respectfully request notification of at least **24 hours**, so that I may offer the opening to other clients. If you are scheduled for a Monday you must cancel/reschedule on the Friday before. I do not work on the weekends.

**Emergency Cancellations** - For serious events or contagious illness only. These emergencies are determined at my discretion and will not be charged a fee.

**Less than 24 hours notice** - If **rescheduling** within the same week and there is availability for that, please understand that you will be responsible for the payment of half of your originally scheduled session, unless I am able to book another client for that session time. Payment must be paid in full before the rescheduled session.

If **canceling**, please understand that you will be responsible for the full payment of the session, unless I am able to book another client for that session time. Payment must be paid in full before booking your next session.

**No-shows** - Anyone who either forgets or consciously chooses to forgo their appointment with no contact, will be considered a “no-show”. Please understand that you will be charged the full amount your “missed” appointment and future sessions will be denied until payment is made.

**Late Arrivals** - Sessions begin and end on time. A late arrival means you are taking time from your own session. I have reserved this time for you and only you and have other clients scheduled after your time. Depending upon how late you arrive, I will determine if there is enough time remaining to start a treatment. Please understand that you will be responsible for the full payment of your scheduled session. Please communicate promptly if for some reason you will be arriving late to your appointment with me.

**Scope of Practice** - Massage Therapy is a profession in which the practitioner applies manual techniques, and may apply adjunctive therapies, with the intention of positively affecting the health and well-being of the client. As a Licensed Massage Therapist, I do not diagnose or prescribe for medical conditions. I may refer you to a medical doctor for diagnosis or treatment. My services are not intended as an alternative for proper medical attention for specific conditions. Please refer to medical doctor for any specific condition which requires medical treatment. As a Licensed Massage Therapist, I reserve the right to refuse to perform massage on anyone whom I deem to have a condition for which massage is contraindicated.

**Existing and New Medical Conditions** - It is the responsibility of the client to keep me informed of any medical treatment currently being taken, and to provide written permission from the physician, chiropractor, physical therapist, etc., that the massage may be continued. The client must also keep me informed of any changes in health conditions. For clients undergoing chemo and radiation therapies - Please note that I require a doctor's note that states the doctor is aware of and agrees to the desired treatment.

**Informed Consent/Liability Waiver** - Prior to each massage session, the treatment plan will be discussed with you and agreed upon by us both. At your first visit with me, you will be asked to sign the informed consent/liability waiver form stating that you have read the information, understand it, and agree to comply with the professional massage therapy policies and procedures. Clients who I have not seen for at least a year may also be asked to fill out this form.

**Respect For Client Needs and Boundaries** - I am happy to adjust pressure, temperature, musical volume, work longer on an area or move on if you request it.

You may choose to: leave on as much clothing as needed for comfort, refuse any massage methods, stop the massage at any time.

You will always be modestly/professionally draped. Only the area being massaged will be undraped.

Sexual interaction or discussion of any kind between you and myself is **NEVER** appropriate.

**Non-Toxic, Safe, and Clean, Office** - My treatment room is free of synthetic fragrances, all linens are laundered in biodegradable hypoallergenic detergent, and all massage oils are certified organic and food grade. To help protect other clients who have chemical sensitivities, please refrain from wearing strong synthetic fragrances or smoking directly before entering the treatment space.

I will do my best to reduce the spread of communicable ailments, including COVID-19. Masks are required if you have been on a plane in the last 5 days or if you are experiencing any symptoms that mirror a virus. A RabbitAir HEPA filter are in place to clean the air. I use EPA N-list approved products to clean high touch surface between clients.

Please help keep everyone in this space as healthy and safe as possible by staying home if you are feeling ill or have recently been exposed to a virus.

*I have read this general considerations/policies form or I have had it read to me, if necessary, and I fully understand its contents. By signing below, I agree to uphold and honor its contents.*

Client Name(please print)\_\_\_\_\_

Client Signature\_\_\_\_\_Date\_\_\_\_\_