

MESSAGE INFORMATION AND POLICIES

If you have had massage before, you know the benefits it can bring. If you are new to massage, you may have some questions. Please feel free to ask us at any time. Below we have provided the answers to some commonly asked questions and concerns.

1. You will be asked to disrobe to your level of comfort. If you have any reservations or concerns regarding disrobing, please let your massage therapist know at the beginning of your appointment.
2. For a one-hour massage therapy session, the actual hands-on massage time will be approximately 53 minutes. This allows time for you to disrobe and for the therapist to assess your current condition and understand your goals for the upcoming session.
3. We love children; however, so that you may receive the full benefit of your massage treatment, we discourage them from being present. If this is not possible, please let us know in advance.
4. Massage is powerful and therapeutic. Drinking plenty of water before and after your massage is very important. Muscles and joints need to be hydrated to prevent cramping and the accumulation of toxins. Water is key to flushing these toxins from your body.
5. If your immune system is fighting a cold or the flu, or you are experiencing any health problems that you feel may affect your massage, please inform your therapist **before** your appointment.
6. You may be instructed to ice specific areas after your treatment since your muscles have worked in a new way. You may experience some stiffness or tenderness the next day. This is common, but icing will reduce this a great deal. If tenderness lasts more than a day, let your therapist know at your next appointment or feel free to give us a call. If your body is unusually sensitive to more than light massage, please discuss this with your therapist. This will enable us to give you the best treatment possible for your body.

Due to the nature of scheduling, we ask that you arrive in a timely manner. In addition, a **minimum of 4 hours notice** is required in the changing or cancellation of appointments. If you do not call to cancel your appointment, there will be a **\$40 no-show fee**. It will be your responsibility to pay this fee – it can not be charged to your insurance company. This \$40 no-show fee must be paid before any additional care will be provided. Thank you for your cooperation and understanding in this matter.

I have received the information and policies listed above.

Name: _____ Signature: _____

Date: _____