



Massage Dynamics, LLC

Massage Policies & Procedures

It is my intention to provide my clients with a professional and therapeutic massage. The following policies and procedures serve as a guide for first-time and regular massage clients of Massage Dynamics, LLC.

I understand that unanticipated events occur in everyone's life. Unforeseen events such as car problems, traffic considerations, business meetings, and project deadlines, are just a few reasons why one might consider canceling a massage appointment.

In my commitment to provide a unique and outstanding massage experience to all of my clients and out of consideration for my time, I have adopted the following policies:

ARRIVAL TO YOUR MASSAGE

Please arrive for your appointment **15** minutes prior to the scheduled starting time. This allows you the time to fill out the appropriate client form (new clients), change and prepare for the session. All massages have a specific time schedule and early arrival allows for a relaxed and unhurried experience. If late arrival is inevitable, your session may be shortened in order to keep on schedule. The original treatment time will be charged.

CANCELLATION POLICY

Please provide at least 24 hours notice if you need to reschedule or cancel an appointment. This gives me enough time to attempt to fill the slot. If a client fails to cancel within 24 hours multiple times (2 or more), they will be asked to pre-pay for future services.

LATE ARRIVAL POLICY

I regret that late arrivals will not automatically receive extension of scheduled appointments. In special cases, and when my schedule will allow, I may be able to accommodate a partial or full appointment. This will be at my discretion and only with proper, advanced notification of your late arrival. The original session fee will be charged.

NO SHOW POLICY

Clients who fail to show for appointments may be asked to pre-pay for future services prior to booking future appointments.

INFORMED CONSENT

Prior to each massage session, the treatment plan will be discussed with you. At your first visit with me you will receive a copy of the massage therapy policies and will be asked to sign the consent 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 will also be asked to fill out this form.

SCOPE OF PRACTICE

I am a licensed professional and held to the highest standards of the American Massage Therapy Association.

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.

Massage Therapists do not diagnose or prescribe for medical conditions nor are they allowed to provide treatment for a specific condition without a doctor's supervision. The massage therapist is required to refer you for diagnosis and to follow recommendations of your physician.



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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 as the client may choose to leave on as much clothing as needed for comfort, refuse any massage methods, stop massage at any time and are free to leave; the therapy door is never locked.

The client will be modestly draped. Only the area being massaged will be undraped. The client will be kept informed of the area to be massaged.

Occasionally, an emotional response to massage occurs. If this happens, it is okay to express the feelings in my safe, nonjudgmental environment - or you may request privacy and end the session. **You** are in control of your session.

PROFESSIONAL BOUNDARIES

Requests for sexual activity will not be tolerated, will be viewed as solicitation, and reported to the proper authorities under the guidelines of the massage therapy policies and procedures. The client will not be rescheduled if this occurs.

Breast tissue and genitals will not be massaged under any circumstances. Permission will be asked before working close to these areas; otherwise, a professional distance will be maintained. Also, low back, hip & gluteal areas will be massaged only with permission and can be worked through the draping if requested.

Sexual interaction or discussion of any kind between the client and the massage therapist is NEVER appropriate. On rare occasions an involuntary sensual response to massage is natural and will subside on its own.

I do not massage anyone under the age of 18 without parental or legal guardian presence.

CONFIDENTIALITY & CONVERSATION

The discussion between the massage therapist and the client is confidential. The client may or may not choose to talk during the massage. This is the client's personal time for self-reflection and idle chatter may be counterproductive to the therapeutic process. If a question, comment or insight arises please give it voice.

EXISTING & NEW MEDICAL CONDITIONS

It is the responsibility of the client to keep the massage therapist 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 the massage therapist informed of any changes in health conditions.

EATING & DRINKING

I suggest not eating for at least an hour before receiving a massage, and avoid the consumption of alcohol. Drink plenty of water before and afterward.

CELL PHONES & ELECTRONIC DEVICES

Your massage session should be as free from outside distraction as possible to create a tranquil and relaxing environment for you. Remember to turn your devices off prior to your session.

I have read/understand Massage Dynamics Policies & Procedures.

Name: _____

Signature: _____

Date: _____