

Massage Client Policies

the day before your massage:

I will text/call/or email you to confirm, and get any last minute details from you. Texts are preferable!

For the best massage experience, please provide:

(new clients) print and fill out intake: <http://bit.ly/1vwhtD8>

clean and dry walkway with easy access for my gear

approx 12x12 feet to set up table

place to wash hands and set up treats

a blanket for you

place to plug in table & oil warmers

a chair for me to sit on

for your post-massage treat:

I'll need access to plate/cup/napkin

Would you like sparkling water or hot tea? a piece of fruit or organic protein cookie? (its yummiier than it sounds, I promise.)

please advise me of any food rules/allergies/preferences you may have

Massage day! Yay! :

I will be on location at the appointed session time. It may take 15-20 minutes to prepare for your session.

I will set up the massage space, and do a brief check-in with you. At this time we will take care of payment, and set up your next session (existing clients only). This way, after your session, you can just relax.

Plan for me to be in your home from 15-30 minutes longer than your session time (1hour massage=1.5 hours with me in your home.)

I will step out of the massage area while you get on the table, I will use this time to wash my hands.

During your massage:

Give feedback! If a technique is uncomfortable, or you need more or less pressure, let me know right away!

Be present (not under the influence of alcohol or drugs).

After your massage:

While you are getting up and coming back to the world, I will prepare your treat after washing my hands. I will let you settle in (bed, a comfy chair, etc.)

While you relax and enjoy your treat, I will clean up and leave you to rest however you like.

other things worth noting:

If this is your first session with me, and you are redeeming a gift certificate, this will be our only session, as I am no longer taking new massage clients. My favorite LMTs in the area: Healing Elements 402-719-4596 or Heather Davis 402-720-0241

*VERY IMPORTANT*If you need to cancel or change your appointment, please give at least 24 hour notice. If adequate notice isn't given, I will charge the full session fee. True emergencies and illness will not require payment, at my discretion.

If you are sick; do not get a massage. I could get sick, or worse, become a disease vector and spread illness to others around me. Don't do it. Cancel your appointment. If I become ill after giving you a massage, and you didn't feel well, but didn't report it; the client/therapist relationship will be terminated effective immediately. (I really hate getting sick.)

If I must cancel or reschedule appointments, I do so with 24 hours notice whenever possible, barring illness, emergency, or inclement weather.

In case of inclement weather: I do not travel when I feel it's dangerous to do so, or if it will be difficult to carry my gear into your location.

You are treated with respect and dignity. Clean linens will be used for each session. I respect all clients regardless of age, gender, race, national origin, sexual orientation, religion, socio-economic status, body type, political affiliation, state of health or personal habits.

I keep accurate records and review my notes before each session. Treatment is customized to client needs. Privacy and confidentiality are maintained at all times. I do not provide direct billing for insurance.

The client is draped with a sheet or towel at all times during the session. Only the parts of the body being worked on are exposed at any time. The genitals are never exposed or massaged. Sexual harassment is not tolerated. Any inappropriate behavior will result in the session being terminated immediately. Full payment is kept.

I perform services for which I am qualified (physically and emotionally) and able to do, and refer to appropriate specialists when work is not within my scope of practice and/or not in the client's best interest. I would be happy to refer you to other professionals (including massage

therapists).

I will answer any and all questions pertaining to my skill set to the best of my ability. There is no such thing as a 'stupid question.'

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