

Policies and Procedures

1. New clients are advised to be ready 15 minutes before hand to fill out forms regarding your health and personal information.
2. We accept cash, money order, or checks at this time. Any returned check will be subject to a \$30.00 fee.
3. **The rates for massage sessions are as follows:**

Express Swedish Massage - \$40.00
30 min. Full body Swedish Massage

Swedish Massage - \$60.00
60 min. Full Body Relaxation Massage

Express Deep Tissue Massage - \$50.00
30 min. Deep Tissue Massage

Deep Tissue Massage - \$70.00
60 min. Deep Tissue Massage

Site Specific Treatment - \$65.00
60 min. Specific treatment for injuries or other chronic problems using Trigger Point and connective tissue therapies

Express Site Specific Treatment - \$45.00
30 min. Specific treatment for injuries or other chronic problems using Trigger Point and connective tissue therapies

Sports Massage - \$30.00
15 min. Pre-Event and Event sports massage

Express Shiatsu - \$40.00
30 min. Shiatsu session

Shiatsu - \$60.00
60 min. Shiatsu session

On-site and home visits are available for an extra fee of \$10.
All prices subject to change

4. Upon request, we can issue a receipt for you to submit for reimbursement from your insurance company. However, *all claim submission and contact with the insurance company will be done through the patient as **we are not an insurance provider.***
5. Arriving 15-30 minutes late results in paying full price and receiving a massage from the time you arrive and get into the room until the scheduled stop time. Arriving later than 30 minutes will be considered a cancellation and result in paying full price as well. All appointments will end at the

scheduled end time.

If for some reason the therapist arrives late, the session can either end at the originally scheduled time with a reduction in fees of one dollar per minute that the therapist is late or you have the option to reschedule to a later date.

6. To avoid being charged for the full amount of your session, please let us know 24 hours in advance if you will be unable to make your scheduled appointment, and so that we might reschedule it as quickly and conveniently as possible for you. Certain circumstances will be allowed, such as weather and severe illness or death in the family.
7. The use of cell phones is prohibited during any treatments as it is a distraction to you and your therapist. If you must take a call, your session will still end at the scheduled end time.
8. Any misconduct that is considered harassing or inappropriate will not be tolerated and the session will be terminated. Full payment will still be expected.
9. Cleanliness is an important aspect in a mutually respectful environment. At the arrival of your massage, please be prepared with a clean body as we will show you the same courtesy.
10. Intoxicants—Because therapeutic massage increases the flow of blood through the body, it can intensify the effects of alcohol and other intoxicants. As a safeguard to your health and well-being, **I cannot proceed with the massage if you are intoxicated or have had a drink within the time period of at least 2 hours prior to your scheduled massage.** If I arrive for your scheduled massage and you are under the influence of alcohol or other intoxicants, the massage will be forfeited and full payment will be due for the time lost.
11. Minors under 18 years may not receive services unless a guardian has given written permission and (if possible) stays present.
12. Privacy—Your modesty will be respected at all times by keeping your body covered by the sheet. I will only expose the body part that I will be working. Your files and anything you may disclose to me in session are strictly confidential. I will not release this information to anyone, without your written permission.

I, the client, have read and understand the above terms.

Client Name

Client Signature & Date