

INTEGRATIVE MASSAGE THERAPY SERVICES

Client Policies and Procedures

Welcome and thank you for taking the time to come in today! I hope that your bodywork experience is a positive one. Please note the following information and indicate your compliance with these policies by signing and dating below.

Your massage session and what to expect. Please try to shower before your appointment. A warm shower prior to your arrival will allow your muscles to start to relax and fully benefit from the massage. After your initial intake and discussing your goals for the session, you will be led to the treatment room. I will then leave the room and allow you time to get undressed to your comfort level. You will lie down on table (starting either face up or face down) and cover up with the top sheet (and blanket, if needed). You will be draped at all times with only the area being massaged undraped. I will knock on the door and ask if you are ready before entering the room.

- I understand that the massage given to me by Integrative Massage is for the purpose of stress reduction, pain reduction, relief from muscle tension, increasing circulation, improve mobility/range of motion, rehabilitation from injury or other reasons discussed during your intake. Although the therapist will discuss possible outcomes of the therapy, no promises or guarantees will be made, or can be made to me about the successes, outcomes, or side effects of the therapy.
- I understand that the massage therapist does not diagnose illness or disease and does not prescribe medical treatment or pharmaceuticals, nor are spinal manipulations part of therapeutic massage.
- I understand that massage therapy is not a substitute for medical care and that it is recommended that I work with my primary caregiver for any condition I may have.
- I have stated all my known physical conditions and medications. I will keep the massage therapist updated on any changes.
- I understand that if I experience any unusual discomfort and/or pain during my massage session, it is my responsibility to inform the massage therapist so that they can adjust the pressure or technique being used.
- Integrative Massage will maintain client confidentiality and privacy. Sometimes it is necessary to contact your other health care professionals to discuss appropriate treatment plans. I will only do so with your permission.

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- Payment accepted: cash and check. On-line payment with credit card.
- Massage sessions are strictly non-sexual. Any suggestive statements or actions will result in immediate termination of the session wherein the client pays the full cost of the session.
- Any client under the influence of drugs and alcohol will not receive treatment.
- Sessions are by appointment only. Same day appointments are available on occasion though advanced scheduling is preferred. Please arrive 10 minutes prior to your scheduled time if you are a new client and have not filled out the intake form in advance.
- As a courtesy, please allow 24 hour notice for cancellation. If 24 hour notice is not given and you do not keep your scheduled appointment, it is considered a missed appointment. If a second missed appointment occurs, you will be charged full session fee. Integrative Massage understands that emergencies happen. The fee will be waived on a case-by-case basis.
- If tardy, time may be taken from your session.
- Please be advised that not all massage and bodywork techniques may be appropriate for all clients. There are times when massage isn't advisable or beneficial: If a client presents with signs and/or symptoms of illness that contraindicate massage (fever, contagious infection, undiagnosed rash), the session will be re-scheduled. This is to protect the health of both the client and the therapist. If you are feeling ill or are unsure if massage is appropriate, contact the therapist.

You may contact me for appointment reminders, schedule changes, or other needs by the following methods:

- Business Telephone: 309-531-9612
- Email:
- On-line Booking:

Marketing: Occasionally, Integrative Massage will send out announcements, newsletters, and educational information. If you do not wish to receive these, please check here: _____

By signing and dating this form, you acknowledge your understanding of, and intent to comply with, the above-stated policies. I hope your experience with therapeutic massage is positive, enjoyable, and educational!

Client Signature: _____ Date: _____