

# **Solace Spirit Massage - Kelly Scott, LMT**

## **Consent to Perform Massage Therapy Services**

Please take a moment to carefully read the following information and sign where indicated.

If you have a specific medical condition or specific symptoms, massage may be contraindicated. A referral from your primary care provider may be required prior to service being provided.

I understand that any massage / bodywork I receive are provided for the basic purpose of relaxation and relief of muscular tension. If I experience any pain or discomfort during this session, I will immediately inform the therapist so that the pressure and / or strokes may be adjusted to my level of comfort. I further understand that massage should not be construed as a substitute for medical examination, diagnosis, or treatment and that I should consult a physician, chiropractor, or other qualified medical specialist for any mental or physical ailment that I am aware of. I understand that massage therapists are not qualified to perform spinal or skeletal adjustments, diagnose, prescribe, or treat any physical or mental illness, and that nothing said in the course of the session given should be construed as such. Because massage / bodywork should not be performed under certain medical conditions, I affirm that I have stated all my known medical conditions, and answered all questions honestly. I agree to keep the therapist updated as to any changes in my medical profile and understand that there shall be no liability on Kelly Scott, LMT. It is also understood that any illicit or sexually suggestive remarks or advances made by me will result in immediate termination of the session, and I will be liable for payment of the scheduled appointment.

### **Cancelation policy**

Should I have to cancel an appointment for any reason, I agree to give the Kelly Scott, LMT a 24-hour notice. If I do not give a 24-hour notice, I acknowledge I am liable for the full payment of my scheduled appointment. (This policy is made out for the respect of the massage therapist's time)

Signature: \_\_\_\_\_ Date: \_\_\_\_\_

## **Your First Massage Session!**

Information and suggestions for your massage

For your first appointment is necessary to arrive 15 to 10 minutes early so your therapist has time to go over your medical history and discuss goals for your session.

On arrival to the office please turn off your cell phone or set to vibrate as to not interrupt your session.

In the intake process with your therapist please notify them about areas you wish the therapist to avoid, table temperature heat, lighting and music.

Once the therapist leaves the room you should then undress to your comfort level, undergarments can be kept on or off. Please take off necklaces, earrings and rings so they do not get in the way of areas to be massaged.

Before entering your therapist will knock and wait for an "ok" to come in.

During your massage, you are encouraged to give your therapist feedback as to pressure (lighter or deeper).

Feel free to ask your therapist any questions about your treatment. You are encouraged to close your eyes and focus on slow relaxed breathing. Try to let your thoughts be peaceful and enjoy the soft music, or silence of the room.

When the therapist alerts you to the end of the session and leaves the room, feel free to get dressed. When finished dressing, please open the door so your therapist will know you are ready to discuss the end portion of your session.

### **END NOTE**

Please drink plenty of water after your massage to flush out toxins and to prevent possible dehydration.

Also keep in mind your muscles have built up years of tension, so it is a good idea to treat them more than once a year if you are serious about your healing process. It is strongly encouraged to incorporate a monthly massage to improve and maintain your wellness goals.

If you are under chiropractic care you may consider receiving a massage before your adjustment to relax tight muscles and joints.