

Informed Consent

Carefully read the following information.

By engaging in this treatment you agree that you have read and consent to treatment on these terms.

- If you have a specific medical condition or symptoms, massage/bodywork may be contraindicated. A referral from your doctor may be required prior to a session.
- I understand that the session I receive is 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 practitioner so that the session may be adjusted to my level of comfort.
- I understand that a massage/bodywork is not a substitute for medical examination, diagnosis, or treatment and that I should consult a physician or other qualified medical specialist for ailment that I am aware of.
- I understand the massage therapists/bodyworkers are not qualified to perform skeletal adjustments, diagnose, prescribe, or treat any illness, and that nothing said in the course of the session(s) given should be construed as such.
- Because massage/bodywork should not be done under certain medical conditions, I affirm that I have stated all my medical conditions and answered all questions honestly.
- I understand that any illicit or suggestive remarks or advances made will result in immediate termination of the session and I will be liable for payment for the appointment.

If you are under a doctor's care, it is strongly advised that you receive a written recommendation for massage or bodywork prior to any session. Depending on the condition, approval from your doctor may be required.

Policies For A Successful Bodywork Session

Preparation for Session

- If this is your first session, read this entire document.
- Shower the day of your session.
- If you're having signs or symptoms of the flu, or if you have anything contagious, cancel your appointment.
- Schedule enough time before your session to arrive safely, and also after your session to allow yourself time to ground and safely arrive at your next destination.
- Add 10-20 minutes to the session length for intake & closure time.

Cancellations

24 hour advance notice is required when cancelling an appointment otherwise you will be charged the full amount of your appointment.

Late Arrival

If you arrive late, your session will be shortened in order to accommodate others following appointments. When you arrive late, you are still responsible for the full session fee that was booked.

FAQ / Frequently Asked Questions

What are the possible benefits of massage and bodywork?

- Release of chronic tension
- Reduction of pain
- Improvement in circulation
- Increase in flexibility
- Reduction of fatigue & stress
- Promoting faster healing of injuries
- Improvement of posture
- Reduction in blood pressure
- Promoting better sleep
- Improvement in concentration
- Reduction in anxiety
- An overall sense of well-being

Are there any medical conditions that would make massage or bodywork inadvisable?

Yes. That's why it's imperative that, before you begin your session, the practitioner asks general health questions. It is very important that you inform the practitioner of any health problems or medications you are taking.

How can I prepare for my session?

- Shower the day of your session.
- If you're having signs or symptoms of the flu, or if you have anything contagious, please cancel your appointment.
- Schedule enough time before your session to arrive safely, and also after your session to allow yourself time to ground and safely arrive at your next destination.

FAQ / Frequently Asked Questions

Where will my massage or bodywork session take place?

Your massage or bodywork session will take place in a warm, comfortable, quiet room. Soft music may be played to help you relax. You will lie on a table especially designed for your comfort.

If it's a home visit, the massage table will be set up in a quiet, warm space.

Must I be completely undressed?

The purpose of disrobing is a function of the purpose and methods used in a massage modality. There are many modalities that can suit your unique needs. Your level of disrobing depends upon your comfort level.

You will be properly draped during the entire session with only the area of the body being worked on, exposed. Some areas will never be exposed as they are private. All areas to be worked on will be discussed prior to the session.

Will the practitioner be present when I disrobe?

The practitioner will leave the room while you undress, relax on the table, and cover yourself with a sheet or towel.

What parts of my body will be massaged?

A typical full-body Swedish massage session will include work on your back, arms, legs, feet, hands, head, neck, and shoulders, with option to work on the belly. For more on what to expect in a session and to read a description of different styles see www.smilingheart.co Styles page.

FAQ / Frequently Asked Questions

What will the massage or bodywork feel like?

The answer to this question is that it depends on the style/modality of massage.

A relaxing Swedish massage is often a baseline for clients. In a general Swedish massage, your session may start with broad, flowing strokes that will help calm your nervous system and relax exterior muscle tension. As your body becomes relaxed, pressure will gradually be increased to relax specific areas and relieve areas of muscular tension.

Often, a light oil or lotion is used to allow your muscles to be massaged without causing excessive friction to the skin. The oil also helps hydrate your skin.

On the other hand, a shiatsu session will look very different as it uses light to firm pressure on specific points applied in a methodical, rhythmic fashion. The rhythm of the pressure allows one to fall into a relaxed meditation. The specific points follow the energy pathways (meridians) along the entire body.

Communicate immediately if you feel any discomfort so that another approach may be taken.

Massage and bodywork are most effective when you are able to relax and breathe.

For more on what to expect in a session and to read a description of different styles see www.smilingheart.co Styles page.

FAQ / Frequently Asked Questions

How will I feel after the massage or bodywork session?

Most people feel very relaxed. Some experience freedom from long-term aches and pains developed from tension or repetitive activity. After an initial period of feeling slowed down, people often experience increased energy, heightened awareness, and greater productivity which can last for days.

What should I do during the massage or bodywork session?

Prior to the massage, feel free to ask the practitioner any questions about the technique or the upcoming session. During the massage, make yourself comfortable. The practitioner will either gently move you or tell you what is needed throughout the session (such as turning over).

Many people just close their eyes and completely relax, communicating if/when they need more or less pressure, another blanket, or anything else relevant to the session. If you have any questions regarding the session or about the particular technique you are receiving, feel free to ask.

Are there any medical conditions that would make massage or bodywork inadvisable?

Yes. That's why it's imperative that, before you begin your session, the practitioner asks general health questions. It is very important that you inform the practitioner of any health problems or medications you are taking.

If you are under a doctor's care, it is strongly advised that you receive a written recommendation for massage or bodywork prior to any session. Depending on the condition, approval from your doctor may be required.

Code Of Ethics

I pledge my commitment to the highest principles of the massage and bodywork profession as outlined here:

1. Commitment to High-Quality Care

I will serve the best interests of my clients at all times and provide the highest quality of bodywork and service possible. I recognize that the obligation for building and maintaining an effective, healthy, and safe therapeutic relationship with my clients is my responsibility.

2. Commitment to Do No Harm

I will conduct a thorough health history intake process for each client and evaluate the health history to rule out contraindications or determine appropriate session adaptations. If I see signs of, or suspect, an undiagnosed condition that massage may be inappropriate for, I will refer that client to a physician or other qualified health-care professional and delay the massage session until approval from the physician has been granted. I understand the importance of ethical touch and therapeutic intent and will conduct sessions with the sole objective of benefitting the client.

3. Commitment to Honest Representation of Qualifications

I will not work outside the commonly accepted scope of practice for massage therapists and bodywork professionals. I will adhere to my state's scope of practice guidelines (when applicable). I will only provide treatments and techniques for which I am fully trained and hold credible credentials. I will carefully evaluate the needs of each client and refer the client to another provider if the client requires work beyond my capabilities, or beyond the capacity of massage and bodywork. I will not use the trademarks and symbols associated with a particular system or group without authentic affiliation. I will acknowledge the limitations of massage and bodywork by refraining from exaggerating the benefits of massage therapy and related services throughout my marketing.

4. Commitment to Uphold the Inherent Worth of All Individuals

I will demonstrate compassion, respect, and tolerance for others. I will seek to decrease discrimination, misunderstandings, and prejudice. I understand there are situations when it is appropriate to decline service to a client because it is in the best interests of a client's health, or for my personal safety, but I will not refuse service to any client based on disability, ethnicity, gender, marital status, physical build, or sexual orientation; religious, national, or political affiliation; social or economic status.

5. Commitment to Respect Client Dignity and Basic Rights

I will demonstrate my respect for the dignity and rights of all individuals by providing a clean, comfortable, and safe environment for sessions, using appropriate and skilled draping procedures, giving clients recourse in the event of dissatisfaction with treatment, and upholding the integrity of the therapeutic relationship.

6. Commitment to Informed Consent

I will recognize a client's right to determine what happens to his or her body. I understand that a client may suffer emotional and physical harm if a therapist fails to listen to the client and imposes his or her own beliefs on a situation. I will fully inform my clients of choices relating to their care, and disclose policies and limitations that may affect their care. I will not provide massage without obtaining a client's informed consent (or that of the guardian or advocate for the client) to the session plan.

7. Commitment to Confidentiality

I will keep client communication and information confidential and will not share client information without the client's written consent, within the limits of the law. I will ensure every effort is made to respect a client's right to privacy and provide an environment where personal health-related details cannot be overheard or seen by others.

8. Commitment to Personal and Professional Boundaries

I will refrain from and prevent behaviors that may be considered sexual in my massage practice and uphold the highest professional standards in order to desexualize massage. I will not date a client, engage in sexual intercourse with a client, or allow any level of sexual impropriety (behavior or language) from clients or myself. I understand that sexual impropriety may lead to sexual harassment charges, the loss of my massage credentials, lawsuits for personal damages, criminal charges, fines, attorney's fees, court costs, and jail time.

9. Commitment to Honesty in Business

I will know and follow good business practices with regard to record keeping, regulation compliance, and tax law. I will set fair fees and practice honesty throughout my marketing materials. I will not accept gifts, compensation, or other benefits intended to influence a decision related to a client. If I use the Associated Bodywork & Massage Professionals logo, I promise to do so appropriately to establish my credibility and market my practice.

10. Commitment to Professionalism

I will maintain clear and honest communication with clients and colleagues. I will not use recreational drugs or alcohol before or during massage sessions. I will project a professional image with respect to my behavior and personal appearance in keeping with the highest standards of the massage profession. I will not actively seek to take someone else's clients, disrespect a client or colleague, or willingly malign another therapist or other allied professional. I will actively strive to positively promote the massage and bodywork profession by committing to self-development and continually building my professional skills.