

## **Pre- and Post-Treatment Guidelines for Massage and Bodywork**

THE INSTRUCTIONS, GUIDELINES, AND CONSIDERATIONS PRESENTED IN THIS INFORMED CONSENT SHOULD BE REVIEWED AND FOLLOWED EVERY TIME YOU RECEIVE ANY MASSAGE OR BODYWORK TREATMENTS.

### **Massage & Bodywork**

Massage can be defined as structured, professional touch. Massage techniques manually manipulate the muscles, tendons, and fascia of the body to promote health and wellness. Massage and Bodywork provides treatment of soft tissues and their dysfunctions for therapeutic purposes of establishing and maintaining good physical condition, comfort, and relief of pain.

### **Benefits**

Benefits of massage include stress reduction, circulation enhancement, increased relaxation, improved sleep, and relief from muscular tension, soreness, and pain. CranioSacral Therapy works directly with the Central Nervous System to relieve pain and dysfunction and improve whole-body health and performance. Other treatments include the use of tools to help reverse damage from injuries or postural deficiencies by releasing fascial adhesions (knots) and allowing the tissues to re-hydrate and be restored to optimal health; (e.g., FasciaBlasting, Massage Cupping).

NOTE: Our Licensed Massage Therapist specializes in Preventative Regenerative Fasciology, which focuses on healthy fascia and neuromuscular optimization, using a combination of tools and techniques designed to help you feel better, move better, and look better. (See PRF Guidelines below.)

More information can be found in the massage services descriptions as well as the Resources page on our website.

### **Number of Treatments**

Each person's body is different with a unique physiology, health and injury history, diet and exercise lifestyle, etc. The number of treatments to achieve your goals and maximum results cannot be definitively set. If you're getting massage or bodywork to address issues such as chronic muscle tension, limited Range of Motion, etc., more than one session is usually needed. It may take several treatments over several weeks or months, including the proper use of recommended home care products. The therapeutic effects of massage and bodywork are cumulative, so the more often you get a treatment, the better you will feel and the more quickly your body will respond. If desired, your therapist will work with you to establish a treatment plan that fits your time and money budgets.

### **Possible Discomfort**

There may be some degree of discomfort during the treatment, especially in areas of chronically held tension; but it should never go beyond being therapeutic in nature to becoming painful. If the work or treatment causes you to tense your muscles, hold your breath, want to shy away, or any other unpleasant response, please tell your therapist immediately so adjustments can be made in order to keep the sensations below the nervous system's automatic protective response.

### **Inform Your Therapist**

Please inform your therapist if you need or want to change anything during your session. This could include such things as: more or less pressure in a certain area, using or not using certain massage techniques, turning the table warmer on or off, wanting an extra blanket, adjusting the lighting or the music volume, needing to use the restroom, etc. We want you to feel as comfortable and relaxed as possible during your entire session.

### **Right-to-Know**

You have the right to ask questions and receive an explanation of any techniques or procedures that the therapist performs and any products or tools that the therapist uses during your treatment. In fact, we believe that the more information you have and the more you understand, the more effective your healing will be.

### **Emotional Release**

Sometimes massage and bodywork can result in an emotional response when deep, long-held tensions are released. You might suddenly remember a specific memory, or it could be just an overwhelming release of stress. Either way, it is a completely normal part of the healing process and can be mild and welcome or startling and even overwhelming. If you are uncomfortable with an emotional release, you have the right at any time to ask to pause the session, have the therapist stay in the room or leave for a few minutes, or to end the session altogether.

### Guest's Right to Change or End Session

You have the right to request at any time that the treatment be modified or stopped, and your therapist will do so immediately.

### Therapist's Right of Refusal

We reserve the right to refuse service to anyone for reasons we deem necessary, including contraindications to scheduled services. Inappropriate conduct or language during a service will result in immediate termination of the service with full payment required. We reserve the right to define inappropriate conduct or language.

### Photographs

Photographs may be taken for the exclusive purpose of monitoring treatment effect and result. Any pictures taken will be kept strictly confidential unless a marketing waiver has been agreed to and signed by you.

### **IMPORTANT:**

### Adverse Reactions

Massage may lead to adverse reactions in certain situations or when used with certain conditions or medications. The massage therapist will evaluate your health-history intake and ask questions to make sure it is as safe as possible for you to receive massage, bodywork, or spa treatments. In the event the massage therapist is uncertain that your requested service(s) will be of benefit to you, she may ask you to provide a note from your physician stating that it is safe for you to receive massage or bodywork treatments and/or certain session lengths or intensities. Please provide complete details of medical conditions and medications to your massage therapist on the health-intake form and during the pre-session consultation. Failure to inform the massage therapist of all medical conditions and medications may place you at increased risk for adverse reactions.

### Cognitive or Sensory-Altering and Pain-Dulling Substances

- The use of illegal drugs and alcohol make it unsafe for a guest to receive massage and bodywork.
- Taking pain medications (prescription or over-the-counter) dulls the body's ability to feel sensation. If taken just prior to receiving massage or bodywork, the session may need to be modified.

### Thermo- (Heat) or Cryo- (Cold) Therapy

Many treatments include heat and cold therapy in various forms and may need to be modified or withheld for certain conditions. Notify your therapist if you:

- Have general heat or cold sensitivity / intolerance
- Are taking medications that make you heat or cold sensitive
- Have had past heat exhaustion stroke
- Have Raynaud's Disease or Phenomenon
- Have neuropathy or impaired sensation
- Have severe or uncontrolled diabetes
- Have uncontrolled high blood pressure
- Are pregnant

### Ingredients

Many spa treatment products contain botanicals, nuts, seaweed (iodine), and wheat, etc. Please ensure that you have disclosed ALL known allergies and health conditions.

### Skin Reactions

A patch test is used to determine whether specific products result in skin irritation or an allergic reaction. For the test, a small amount of the substance or product is applied to the skin and left on for a certain amount of time to see if a reaction develops.

Please note: As with any kind of skin test, patch testing is not 100% accurate. A patch test may return a "false positive" result, indicating a contact allergy when you do not have one, or a "false negative" result, not triggering a reaction to a substance that you are allergic to.

If you would like to patch test any products to be used in your treatment, please let your therapist know at least seven days prior to your appointment.

### **INDIVIDUALS WHO SHOULD NOT GET THIS TREATMENT**

Massage therapy and bodywork in general are very safe, effective, and enjoyable therapeutic modalities. However, there are certain times when it is not safe for a person to receive these therapies. They must be avoided when certain risk factors are present or when the potential risk outweighs the benefit. In these cases, treatments cannot be performed for specific parts of the body or for the entire body. Some individuals may not be able to receive certain massage or bodywork treatments or may be required to have a signed release from their treating doctor in order to have these treatments performed.

Some types of contraindications include, but are not limited to:

Infections - small, infected areas or systemic infections

Contagious conditions - can have various causes, from viral to parasitic; these conditions put the therapist and other guests at risk

Acute medical conditions - such as recent injuries; treatments; or surgical procedures

Certain medications

Under the influence of alcohol or drugs

Skin conditions that could be made worse or could put the therapist at risk - such as burns, blisters, traumatic injuries that affect the superficial tissues; sunburn; unexplained rashes; poison ivy; bruises, sores, or open wounds

High risk conditions - such as severe osteoporosis; unstable blood clots; organ disease or failure; uncontrolled hypertension; uncontrolled diabetes

Cancer - may be a contraindication; medical clearance from the oncologist is required before proceeding

Inform your therapist immediately if any of these or similar issues apply to you so we can discuss the best course of action.

### **Pre- and Post-Treatment Guidelines and Recommendations**

- Make sure you are well-hydrated before your massage and bodywork treatments and be prepared to drink plenty of water after. Therapeutic work releases tight tissues and promotes circulation of new blood and lymphatic fluids to flush out old, stagnant fluids and toxins. Drinking water is an *essential* aid to the body in this detox process.

- Do not apply products to your skin prior to your treatment. Some lotions, oils, and creams affect the glide of the massage oil or the ability of treatment products to absorb.

- We recommend that you wear, or bring a change of, loose fitting clothing. Now, that you've worked so hard to release tense muscles, you don't want to squeeze them back into tight clothing.

- Don't hesitate to check in with your therapist about any questions you have before or after your treatment.

- Remember: When filling out intake forms, it is imperative that you be candid in revealing any condition that may have a bearing on these treatments. If you think you might have forgotten to include some pertinent information, inform your therapist immediately.