

## **IndigoSky Massage.art Policy Statement**

### **Scope of Practice**

Massage Therapy has been successful in addressing and reducing stress, chronic pain, headaches, and musculoskeletal injuries. Many can benefit from the holistic healing massage therapy can offer.

However, Massage Therapists do not diagnose or prescribe for medical conditions. The Massage Therapist may refer you to a medical doctor for diagnosis. Our Services are not intended as an alternative for proper medical treatment for specific conditions.

### **Arrival to Your Massage**

Please plan to arrive on time. If this is your first massage, please arrive at least 15 minutes prior to your session time. In this time, we will discuss your health history, goals and create a session tailored just to you and your body.

My number one concern is for you to feel safe and comfortable during the session, so it is essential I am aware of your full health history to conclude if there are any conditions that are contraindicated for massage. It is important that you update that form whenever there are significant changes, such as, new medications, surgeries, injuries, etc.

### **Feedback**

Verbal communication before, during, and after the treatment will lead to the most satisfying experience. Tell me if you enjoy something or if a sensation feels new or strange, if something could be changed slightly, or if you are too cold or hot. Tell me if anything is uncomfortable in any way, physically, or otherwise. I'm not a mind-reader and I think it is great when clients really participate in their session, so they get the best possible outcome for their massage treatment.

### **Client Boundaries/Sexual Appropriateness**

Requests for sexual activity will not be tolerated, will be viewed as solicitation, and reported to proper authorities if the practitioner chooses, under the guidelines of the Massage Therapy policies and procedures. The client will not be rescheduled if this occurs. I have the right to refuse service, or a client may end

the session at any time. If the practitioner ends the session due to client misconduct, full payment is due. Then the client may choose to refuse any massage methods and stop the massage at any time.

### **IndigoSky Massage.art Services and Cost**

Payment can be made online before service or at the time of service with cash or credit card.

An appointment for a 60-minute session will last about 75 minutes to have time for pre and post treatment assessments. A 90-minute treatment will take about 105 minutes and a 120-minute session will take about 135 minutes.

The cost of a 60-minute massage = \$90.00, a 90-minute massage = \$149.00 and a 120-minute massage = \$179.00

### **Reschedule Discount**

Save \$10.00 off your next visit when you reschedule your next appointment before you leave. The appointment must be within 30 days. A rescheduling discount applies to regular prices and services only.

### **Late Arrival Policy**

Appointment times have been arranged specifically for you. If you arrive late, your session may be shortened to accommodate others whose appointment follows yours. Depending on how late you arrive, I will then determine if there is enough time remaining to start treatment. If you are running late and prefer to cancel the appointment instead of receiving a shorter time, you may do so, but will be required to pay the full amount for the scheduled session. If you purchased a package or sessions previously, you would forfeit one of your sessions for the missed appointment.

### **Cancellation Policy**

Clients must give at least 24-hour notice before canceling an appointment to avoid being charged for the session. This allows the opportunity for someone else to schedule an appointment. If you must cancel with less than a 24-hour notice, you will be charged ½ the fee of the scheduled session. This fee will be waived in the case of an emergency, such as a health crisis.

Note: Repeated occurrence of late arrivals, late cancellations, or no shows and or refusal to pay for additional fees applied in connection with these policies may result in dismissal from the practice.

I agree to respect your time and any appointment scheduled with me. I will attempt to begin your appointment on time and notify you as soon as I can if any appointment needs to be rescheduled or cancelled.

### **Sickness Policy**

If a client presents with signs and or symptoms of illness that contraindicates massage, such as, fever, undiagnosed rash, contagious infection, the session will be rescheduled. This is to protect both the client and practitioner. If you are sick, coming in for a massage session will not make you feel better and you risk infecting your practitioner and other clients. Please call and reschedule your appointment.

Acute injuries may also contraindicate massage. Call before your appointment. I will cancel appointments if I have a communicable illness.

### **Confidentiality**

I treat all guests' visits and conditions as confidential. I will not discuss your visit with anyone outside of our staff without your written permission.

From time to time, it is necessary to refer a client to outside physician or other medical personnel. I am happy to work in conjunction with your medical care team if that is your desire. However, at that time, I will ask you to sign a release of information form before we engage in conversations on your behalf.

### **Client confidentiality will be maintained with following exceptions:**

If I know that you are planning on harming yourself, or someone else, I have an ethical obligation to inform the relevant authorities. Also, if subpoenaed or I receive a court order to release client information.

### **By My Signature here:**

I acknowledge that I agree to receive one or more massage therapy, bodywork, or movement sessions with Janet Carson.

### **Furthermore, I understand that:**

Table work is performed directly on the skin with lubricants. All areas not being massaged are covered by a sheet. Most clients may remove all clothing except for underwear according to their comfort level. I ask clients to leave their underwear on so that I can comfortably stretch the hips; move the body into twists, etc. as needed while protecting their privacy. Clients will be kept informed of the area that is being massaged. Come to your session odor neutral. That means you should shower before your session to avoid body-odor and avoid strongly scented body products.

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**Therapist Signature and Date**

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**Client Signature and Date**

Janet Carson

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