

Policy Statement

Massage is a form of bodywork that dates back more than 3000 years. It is the intentional and systematic manipulation of the soft tissues of the body to enhance health and healing. Joint movements and stretching are commonly performed as part of massage. The use of oils and lotions will be used to reduce friction on the skin. The benefits of massage therapy include improved circulation, digestion, immunity, flexibility, breathing, posture, and general health; reduction of stress and anxiety, increased clarity, increased energy, and a greater sense of the mind-body connection.

Please note: Massage, bodywork and somatic therapies specifically exclude diagnosis, prescription, manipulation or adjustments of the human skeletal structure, or any other service, procedure or therapy which requires a license to practice orthopedics, physical therapy, podiatry, chiropractic, osteopathy, psychotherapy, acupuncture, or any other profession or branch of medicine.

Under certain medical conditions, massage & bodywork may not be advised, for example, when a fever is present, indicating an infection. If a massage could be potentially harmful to the client or therapist, the massage therapist has the right to decline to do the treatment.

Training and Credentials:

I graduated from Alpha School of Massage, located in Jacksonville, Florida in 2016 with 900 hours of training in Swedish massage. By the time I graduated I had performed over 300 massages in the school's student clinic. In addition to Swedish, I learned elements of Deep Tissue, Sports Massage, Hot Stone, Trigger Point Therapy, and Muscle Energy Techniques. I am a licensed massage therapist in the state of Florida, and I am a member of the American Massage Therapy Association (AMTA). My massage license number is MA86129.

Type of Services I Offer:

I offer on-site (in your home or place of business) massages that range from 30 minutes to 90 minutes. If this is your first massage with me (or ever) please allow me to arrive about 30 minutes early so we can discuss your health history and we can discuss what we will be focusing on in our session.

Services and Rates:

Swedish /Deep Tissue

30 Minutes \$25

60 Minutes \$50

90 Minutes \$65

*First time clients will be given a discount of \$10 off their 60 or 90 minute massage.

Availability:

Monday through Friday 9 AM – 5 PM

Saturday and Sunday 10 AM – 4 PM

Contacting Me:

Cell Phone – (904) 874-4125

House Phone (after 7 PM) – (904) 259-6876

Facebook – facebook.com/relaxforaspell

Email – relaxforaspell@yahoo.com

Please keep in mind that during my business hours I may not be able to answer my phone if I am doing a massage. Please leave a message and I will get back to you.

Payment: Payment is due at the time of service. I accept cash or checks. Please make checks out to Cheyanne Bailey. I do not provide billing for insurance, but will gladly provide you with a receipt.

Cancellations and Delayed Starting Time:

If you must cancel for any reason, I ask that you inform me within 24 hours of your session. In fairness to the next client, please be ready for me to start the session on time. Sessions begun late due to the client not being home or arriving late, end at the appointed time and are full price. If you are running just a few minutes late, we will continue with your appointment, but please understand that you will only receive massage for the time remaining in your appointment. If you are over 20 minutes late for an appointment, it will be cancelled.

Confidentiality:

Everything discussed during the session and upcoming ones will be kept confidential except when subpoenaed by a court of law. Client details will not be revealed, unless the client has given written permission to do so. I will not confirm nor disclose the fact that a specific person is my client unless I have permission and the written consent of the client to do so.

Sexual Appropriateness:

Sexual behavior by the client toward a therapist or by a therapist toward the client is unethical, inappropriate and unacceptable. Sexual harassment is not tolerated. If the therapist's or client's safety feels compromised, the session is stopped immediately.

Pet Policy:

I require any dogs present to be kept in a separate room, kennel, etc. Also, this applies to any dogs outside on the property. Keeping them out of the way will help reduce any stress they may experience while I am there. I will make exceptions for service dogs only. Cats are fine as long as they are not overly friendly and do not have a habit of laying around people's feet.

What to Expect:

Please allow me to arrive early for us to address your goals for our session. If this is your first massage with me please allow me to arrive about 30 minutes early so that you can read and sign health forms and a policy statement. My first concern is for your safety and comfort, so please be thorough when filling out your health history because some conditions are

contraindications for massage. I also need to know if you may be pregnant, as I will need a doctor's note before working on you.

When I arrive I will begin setting up my table and supplies while you fill out your intake forms. A large open area is best as it allows me to have plenty of room to move around. After I look over your form and determine if it is safe to work on you, we will discuss your goals and expectations for that session and any future ones. I will then leave the room to allow you to undress and get onto the table. Please keep in mind that if you would like to receive a massage following a workout, please shower before your massage. You should feel free to remove as much or as little of your clothing as you wish. I will be more effective if you are fully undressed, including your underwear, but your comfort level is most important. I work with my clients fully draped, meaning that only the part of your body where I am working at that particular moment will be exposed. I **will not** uncover or work on breast tissue and genitalia.

Once you are undressed, on the table, and under the sheets and blanket, I will either knock to make sure you are ready, or ask from outside the room you have chosen to receive the massage in. I will come back into the room, and begin the session. I generally work with some sort of soft music playing, but I will gladly change the music or work in silence if you prefer. I will check in with you about pressure, temperature, and general comfort, but please remember that *only you can feel what is going on inside your own body*, and that you should feel free to tell me if anything is at all painful or uncomfortable.

I do my best work when I am quiet and focused, so you can expect me to remain fairly silent during sessions except to check in with you. When your session is over, I will again leave the room to allow you to get dressed.

By signing this you confirm that you have read and understand this policy statement.

Client: _____ Date: _____ Therapist: _____