

Policies & Procedures

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Clear communication between the Client and the Practitioner is crucial; new clients are required to sign a copy of this document in order for informed consent to be established prior to the massage session.

Bay Breeze Bodyworks holds these policies and procedures in high regard and the contents herein shall be adhered to vehemently.

Appointments

Bay Breeze Bodyworks is a Mobile Massage and Bodywork practice dedicated to providing the client with a therapeutic experience at the clients' home, office, or event. Services are by appointment only. I am generally available between 5:00 A.M. and 6:00 P.M. (Please see appointment availability sheet).

Finances

Fees are due on the same day as the massage treatment. Fees are payable via cash, gift certificate, check, or money order, Tips are not reflected or included in the advertised prices for treatment. Any tips are greatly appreciated!

Cancellation Policy

Our time together is very important; cancellations are acceptable with notification 24 hours in advance of the set appointment, please contact me and I will be most happy to reschedule for a time that better suits your needs. Unless there is an emergency circumstance if a Client should miss an appointment without notification of the Therapist the Client shall be responsible for the entire charge of the scheduled service in full (This includes if the appointment was booked with a Gift Certificate). Repeat no-shows will not be scheduled for future appointments.

Sanitation and Hygiene

All equipment and linens that come in contact with the client will be cleansed in an appropriate manner. All lubricants shall be dispensed in a contamination-free-manner.

Before and after each massage, the Therapist's hands and forearms will be washed with hot soapy water and a disinfecting solution. Any breaks in the skin of the massage therapist will be covered with a protective covering.

The client will come to the massage therapy appointment clean, and inform the client of any breaks in the skin. These areas will be avoided during treatment as they are contraindications for massage therapy.

Should the Massage Therapist or Client become ill or contract any contagious diseases the reciprocal party shall be informed.

Scope of Practice

Massage Therapists are trained in the use of manual therapy techniques to promote circulation and release of tensions in soft tissue. Therapeutic Massage is intended to be a health-enhancing therapy treatment that promotes the human body's natural balance and efficient function.

Massage has been proven to stimulate circulation of blood and lymph in the body, mechanically reduce muscle tension, and bolster all-around well being (ready here for more information regarding the benefits of massage). These methods may not be used to diagnose, or to treat any specific preexisting medical condition without prior written permission from your physician or medical professional.

If at any time during a therapy session a Therapist encounters a situation which may warrant closer and more qualified medical inspection by another Medical Professional, It is my intent to refer you to a Professional who will best suit your needs.

Massage Therapists do not work within the same parameters of licensed medical professionals. Therefore, Massage Therapists refrain from diagnosing, providing treatment for, or prescribing for any particular medical dysfunction.

The massage Therapist is required to refer you for diagnosis and to follow the recommendations of your physician

The Massage Therapist is a skilled practitioner of safe, structured touch that is beneficial for many of the burdens, stresses, and pains life may bestow.

Massage Therapy can be considered a maintenance system; the benefits are cumulative and most noticeable after successive treatments. It is most beneficial to receive a one-hour massage every week to reduce the physical stress that builds in the body.

Gentle stretching and other self-help methods (performed by the client in their home) will help to prolong the efficacy of the treatment.

Professional Boundaries

In order for Bay Breeze Bodyworks to best serve your needs—honest disclosure of any situation that may interfere with safe, nonjudgmental, nurturing, nonsexual touch must be considered.

The Massage Therapist as well as the client needs to consider personal needs, biases, fears, and limitations as stated in the policies and procedures.

Respect of client boundaries

Within the client-therapist relationship it is vitally important that the client is honest and open with the Massage Therapist.

Feedback about the effectiveness of the treatments, situations in which you may have felt uncomfortable, techniques and modalities that you enjoyed, as well as those you did not enjoy, etc. This information is vitally important to me as a business owner and as a Therapist; there is something to learn out of every situation. Every Body that you 'meet' is different. Some questions I may ask may include but are not limited to:

- Do you have any allergies?
- Are there any areas you feel uncomfortable being touch or would like avoided?
- Do you have any skin abrasions or lesions I need to watch out for?
- Are you taking any medication?
- Etc...

I encourage you to share any relevant information with me you wish. If at any time you feel that another therapist may better serve you, please don't hesitate to ask me for a referral. If there is anything at all that is bothering you please bring it to my attention, I will be more than happy to help in any way possible.

Respect for the client's boundaries is very important to me. To maintain respect for each client and establish professional boundaries the following massage therapy policies apply:

- The client may disrobe to their comfort level, leaving on as much clothing as necessary to ensure comfort.
- The client will always be modestly draped using the diaper drape method or any other comparable method. Only the area currently being massaged will be undraped, the clients will be kept informed of the area to be massaged.

- The breast and genital area are never acceptable areas for massage by a Therapist under any circumstances; A professional distance shall be maintained at all times.

Requests for any sexual activity will not be tolerated and will be viewed as solicitation of prostitution; you will be detained and reported to the appropriate authorities. The client will NOT be allowed to reschedule if this occurs.

The client may refuse any therapy methods they so choose

The client is free to stop the massage at any time and is free to leave at any time they choose.

Children under the age of 18 must be accompanied by an adult.

Confidentiality

Discussions between the Massage Therapist and the client are kept confidential, the client may or may not choose to talk during a treatment, naturally the highest degree of relaxation can be reached if the client is in the most relaxed state possible.

We may be required to release records under court order, or to a doctor or other medical professional, your written consent will be needed in these instances. We are obligated by law to report suspicion of child abuse, or any other illegal activities to the appropriate authorities.

Medical Conditions

It is the responsibility of the client to keep the Massage Therapist informed of any medical treatment currently being taken, or any medical conditions that may arise. Clients may be required to written permission from the medical professional that massage is indeed indicated and therapy may continue as normal.

Informed Consent

During the intake session the Client and Therapist have time to discuss the policies and procedures contained in this website and the documents herein. The treatment plan will be discussed with the client prior to each treatment. On your first visit you will receive a copy of the Policies and Procedures of Bay Breeze Bodyworks. You will be asked to sign the Informed Consent document stating that you have read the information contained within the policies and procedures, you understand it, and agree to comply with the policies and procedures stated above.

Glossary

Deep: A term referring to the amount of pressure, in this case large, Influences deeper tissues

Light: Soft strokes that do not influence any deeper tissues.

Twang: A sharp pain

Trigger Point: A point of Ischemia, or lack of oxygenated blood flow.

Range of Motion (ROM): Moving an appendage around in its full radius of motion.

I understand and comply with all policies and procedures described within this document, by signing below I agree to follow the rules and regulations and to uphold my individual part as a client to the best of my ability.

Name: _____

Date: _____

Signature: _____