

# House Rules

To ensure you receive the maximum benefit from the session it would be appreciated if you followed these rules;

- Please take a shower or wash your feet prior to your session. Even though new towels are used for each client it is not pleasant for either of us to work in an unhygienic environment.
- Please remove all make up.
- Please ensure you have removed all jewellery, including piercings or covered them with a plaster.
- Please cover any broken skin with a plaster.
- If you are under the influence of narcotic substances or alcohol you will not be treated.
- Turn your GSM off.
- My practice is a SMOKE FREE ZONE.
- Refrain from smoking during your appointment – even in your own home.
- Treatments are relaxing and therapeutic

## **I DO NOT GIVE EROTIC MASSAGES.**

- Please leave at least an hour between a sauna/Hot bath and a treatment.
- Please leave 2 hours between a heavy meal and a treatment.
- Please ensure you are on time for your treatment. I cannot overrun if you are late, as this affects the treatment times of other clients.
- Cancellation policy – a 24-hour notice period (via SMS) is required, or a 50% cancellation fee will be charged. For pregnancy massage appointments, this charge will be waived, should you go into labour within this time frame.

It is my aim to make you as comfortable as possible for your session, if there is anything you specifically like or don't like in a room to help you relax please let me know.