



MASSAGE 4 LIFE, LLC

CLIENT POLICIES

- 1) **Always plan for my arrival 10 to 15 minutes early.** The start time of your appointment is when I want you ON the massage table. If your massage session starts late, we will still end within an hour. Please help me give you the full session you are paying for by being ready.
- 2) **What to wear:** You will undress to the level of your comfortability for your session. You will be covered securely the entire time. I will uncover only the part being worked as it is being worked. I prefer not to work around or over clothing (Leave undies on if you have a great reason to).
- 3) **Accurate directions.** Please make sure the address entered is accurate (be sure to include apartment or unit number). GPS can often give incorrect directions. So please check the address before completing your appointment.
 - a. Any residence located on floors three (3) or higher, an elevator will be needed
 - b. Please specify if the residence is inside a secure building or gated fence
- 4) **Tipping:** is optional but always appreciated. If you choose to tip, 18-20% gratuity of the full **undiscounted cost** of the service is the industry standard. Cash is appreciated, and I can always run a tip on your credit card.
- 5) **All clients agree to give at least 24 hours' notice for cancellations/rescheduling. (You will sign an intake form stating this)**

Make sure the email you receive upon booking your session is accurate and that your calendar matches the date on the email.

Respond to the text/email sent 24 hours in advance to confirm your appointment or let me know immediately if you need to change or cancel.

- 6) **If you have any of THESE HIGH RISK conditions,** please get a note from your doctor regarding massage PRIOR to my visit to your home/office.
 - a. Surface blood clots or history of clotting issues
 - b. Cardiac disorders or disease
 - c. Previous major surgery on organs or organ transplants
 - d. Carrying triplets or more
 - e. Illegal drug exposure during pregnancy
 - f. HIV Positive

(Note: Any other high-risk conditions not listed will require a waiver/note from your doctor PRIOR to your massage session)



7) We do not recommend massage if you are CURRENTLY experiencing any COVID-19 symptoms or any of the following:

- a.** Active infectious or contagious disease
- b.** Fever, Nausea, or Diarrhea
- c.** Severe, unexplained abdominal pain
- d.** Throbbing Migraine/Headache
- e.** Kidney and/or bladder disease or infection
- f.** Cancer or undiagnosed lumps
- g.** Any active inflammatory disease affecting blood vessels
- h.** Diabetes – with active complications
- i.** Breast infection with fever
- j.** Threat of miscarriage – current bleeding, spotting, hemorrhaging
- k.** Pre-eclampsia
- l.** Toxemia

Please notify Massage 4 Life, LLC **BEFORE YOUR SESSION**, if you develop **ANY** new health conditions or symptoms, no matter how minor.

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