

Dynamic Bodyworks LLC
By Evana Class

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Policy statement

What to expect at your massage appointment

the massage therapist will perform an intake to identify some of the probable causes for your pain. This may involve questions, body reading while sitting and standing, and having you walk to evaluate your gait.

Once the therapist has determined what approaches will provide the most relief for you, she will let you know what they plan on working on during the session. If you agree that it sounds like a good plan, she will instruct you on how they want you to get ready for the session (what clothing to remove, what position to start on on the table, etc.)

While you are disrobing for the session, your therapist will leave the room and close the door. They will knock before entering when they return in a few minutes to make sure that you are ready and under the top sheet and blanket.

There will likely be some level of discomfort with a deep tissue session. Our goal is to find a tolerable threshold where we can effect the most change. However, we will always respect any boundaries you express, so if the level of discomfort is too much please let us know and we will adjust accordingly.

There is a misconception that the more discomfort you can handle the "better" the session will be for you. However, there is actually a "too much" level that has diminishing returns, and a "way too much" level that will actually have you feeling worse. Your best bet is allowing your therapist to work at "tolerable" levels of discomfort.

I am a licenced massage therapist in the state of Arizona, all medical information disclosed to me will be kept confidential

Cancellation Policy

required 24 hours to cancel or reschedule an appointment with no cost. Any appointments cancelled or rescheduled less than 24 hours before the appointment start time will be charged the full price of the service