



Client Policy Statement

Overview

Massage is a form of bodywork that dates back more than 2000 years. It involves the manipulation of soft tissue through touch to promote a client's well-being and health. The benefits of massage therapy include improved circulation, digestion, immunity, flexibility, breathing, posture, and general health; reduction of stress and anxiety; increased energy; and a greater sense of the mind-body connection.

I am a graduate of the Baltimore School of Massage and Towson University. I am a current member of the Association of Bodywork and Massage Professionals and am nationally certified (NCBTMB) to practice Swedish, Deep Tissue, and Sports massage. My license allows me to practice anywhere in the state of Maryland.

I give massage in sessions that range from 30 to 90 minutes. I am available for sessions Monday through Saturday by appointment in my office. If you should need to cancel your appointment, please do so with 24 hours' notice or you will be charged for your session. If you cancel with less than 24 hours' notice and I am able to fill your slot, you will not be charged. Payment (Visa, MasterCard, Discover, cash, check) should be rendered at the time of service. Appointment times have been arranged specifically for you. If you arrive late your session may be shortened in order to accommodate others whose appointments follow yours. Depending upon how late you arrive, I will determine if there is enough time remaining to start a treatment. Regardless of the length of the treatment actually given, you will be responsible for the "full" session. Hours and rates can be found at www.newhorizonsmassage.com. Minors must be accompanied by a parent or guardian during the treatment session.

What to Expect

Please plan to arrive a few minutes early for your first appointment so you can fill out a health history form. You may also print out the history form from www.newhorizonsmassage.com and bring it with you. It is extremely important that I have thorough knowledge of your health history, as some conditions are contraindications for massage. I especially need to know if you are under a doctor's care or may be in your first trimester of pregnancy since massage is not advised for pregnant clients until they have entered their 2nd trimester.

You may dress however you wish, but it is suggested that you do not wear open-toed shoes to prevent the spread of bacteria from your feet to the rest of your body. It is requested that all clients shower prior to receiving massage. I will show you into the massage studio, go over your health history and goals for the massage session, and then leave the room to allow you to undress and get onto the table. 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.

Once you are undressed, on the table, and under the sheets and blanket, I will knock to make sure you are ready, 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. All sessions are completely confidential.

I hereby acknowledge this client policy statement on this _____ day of _____, 20____.

Paul E. Saxon
State of Maryland LMT

Client Name (Print)

Client Signature