

*Your Swedish Massage Treatment*

Swedish Massage can be used to treat a wide range of soft tissue injuries and to promote relaxation. To isolate and effectively treat conditions it is helpful to gather as much information as possible regarding your general health and the condition you wish to be treated for. To protect your privacy, all information you provide is confidential, will be kept secure in accordance with privacy laws, and will not be released without your written consent. Your personal information will not be sold or given to anyone who may contact you to sell products or services.

From this information, a treatment plan can be mutually agreed upon. Before your treatment begins, every detail of the treatment (positioning, draping, techniques used, etc.) will be explained and your consent must be given to proceed. During the treatment, the only areas of your body that will be uncovered are those that the therapist is immediately treating. Please note that treatments can be applied through your clothing or through a sheet. However, the treatment will be more effective with direct contact. Oils or lotions are used to eliminate friction on the tissue and nourish the skin. Please specify if you prefer scented or unscented lotions. Your therapist will be monitoring your comfort level and you are encouraged to comment or ask questions. You can stop or modify your treatment at any time for any reason.

After your treatment you may experience discomfort and/or headache. This is common and should dissipate by the following day. Remember, massage therapy is not a quick-fix panacea and it is the combination of remedial exercise, activity modification, and subsequent treatments that are all important to achieve your goals.

All topics that may be discussed are intended as educational. They are descriptive, not diagnostic, prognostic, or prescriptive. For example, a pathology (disease process) such as metabolic syndrome may be useful to understand. This is merely an objective textbook-like description, it is not a diagnosis even if you present with some of the markers. It is strongly recommended that before making any fundamental changes in diet or activity to consult your family physician. Your physician's directives are the final word and any contradicting information provided is intended only to be taken into consideration as possible alternatives. Enjoy your massage!

- May I contact you by phone or email for follow-up or appointment reminder purposes?  
Yes  No

**\*\*\*Special note: Your safety and dignity is your therapist's primary concern. Your reciprocal respect for your practitioner is also expected.**

**\$45/30min. \$55/45 min; \$70/60min \$100/90min includes HST**

Client's signature: \_\_\_\_\_

Email (not required) \_\_\_\_\_ Date: \_\_\_\_\_