



Nomadic Somatic Massage – Policies

1. New Clients

If you are a new client, please plan on having at least 10 minutes before your session time for us to chat. This gives us time to go over your intake forms, discuss your needs and make a plan for our first session together. This additional time will not be included in the time or cost of your appointment.

I have read and agree to the New Client Policy: _____ (initials)

2. What to Expect

I request that you shower or bathe prior to beginning your session. I also request that you do not wear open-toed shoes to avoid the transmission of extra dirt or bacteria into the massage room.

Before your first appointment, you will be asked to fill out and sign an intake form, a general liability waiver, and a policies and consent form. We will then discuss your needs and healing goals for the session. Again, please schedule at least 10 minutes before your first appointment with me.

I will arrive at the address you provide for me with my massage table, fresh massage sheets and any other additional items we may need for the session (bolsters, pillows, hot stones, etc.) I will set up my things where you indicate you would like your massage, and we will go over your forms and health goals. If you are a new client, we'll talk more in-depth about your health history and overall goals. If you are a returning client, we'll still check in about any changes in your medical history, needs or goals for the session.

For hot stone therapy, or hot stone add-ons to Swedish or deep tissue sessions, I will need an additional 10 minutes prior to the session to heat up the stones, and a nearby available electrical outlet as well as a source of hot water for my stone roaster.

For Swedish and deep tissue massage, I will leave the room to give you time to undress to your comfort level and get on the massage table, in between the sheets. You are free to remove as much or as little clothing as you feel comfortable with. I will indicate to you prior to leaving whether you should lie on your back or on your stomach. Once you are undressed, on the table and under the sheet, I will knock on the door to make sure you are ready before I come back into the room to begin the session.

During the session, any areas of your body not being worked on at the time will be covered with a sheet. I also have blankets and a table heater available for cold days!

I typically play slow, relaxing music during our sessions. If you do not wish to have music played, please let me know before we get started.

I typically remain quiet and focused while I work, but will respond to your questions and comments. I will check in with you from time to time throughout the session regarding pressure, temperature and general comfort. I will be as attentive as I can be to your body, but only you



know what your own sensations are, so please let me know immediately if you experience any pain or discomfort. Even deeper massage should still not be painful!

After the session is over, I will leave the room again to give you time to get dressed. I'm usually happy to stick around for a few minutes, time permitting, to chat with you about the session or anything you want to work on for our next session!

I have read and agree to the Appointment Expectations: _____ (initials)

Confidentiality

Everything you say to me during our sessions will remain confidential. I do not disclose my client's names to the public, and will neither confirm nor deny to anyone that you are my client unless you explicitly offer that information yourself.

I have read and agree to the Confidentiality Policy: _____ (initials)

Payment

Payment is due at the time of service. For new clients, credit card information is required prior to your appointment, in case of a no-show. I accept cash, credit and debit cards, and Venmo.

I have read and agree to the Payment Policy: _____ (initials)

Late Arrivals

Of course, unforeseen circumstances do occur, and I will do my best to accommodate you if you are running late. However, I typically cannot extend your appointment past the scheduled time, and I do not offer discounts or refunds if you are running late and I have to shorten your appointment. If you are running late, it helps a great deal if you can let me know in advance. That gives me the chance to adjust the plan for your session.

I will make every effort to run on-time. If for any reason I am running late, I will extend your session or adjust the price of the session to the change in duration.

I have read and agree to the Late Arrivals Policy: _____ (initials)

Cancellation/No Show Policy

Appointments can be cancelled, changed or rescheduled up until 24 hours before their scheduled time. Any appointments cancelled or rescheduled within 24 hours will be charged the price for that session.

If you miss an appointment due to an emergency (a medical reason, death in the family, or any other serious event), please let me know and I may waive the appointment fee. Likewise, if there is an extreme weather event that impedes travel, contact me and we will try to reschedule your appointment for another time!

I have read and agree to the Cancellation/No-Show Policy: _____ (initials)



Illness and Covid-19 Policies

Please reschedule your appointment if you are sick, whether or not you are sick with Covid-19! Please try to cancel your appointment more than 24 hours in advance if you are feeling sick. In the event of acute illness or a medical emergency, let me know as soon as you can and I may waive the cancellation fee.

If I fall ill and have to cancel your appointment, I will let you know and reschedule your appointment at no additional cost.

Please let me know prior to your session if you would like me to wear a face mask. If you would like me to test myself for Covid-19 before arriving at your house, please let me know in advance and be willing to pay an additional \$10 charge for the test.

I have read and agree to the Covid-19 and Illness Policies: _____ (initials)

Inappropriate Behavior

1. Sexual Impropriety

Sexual behavior by the client toward the therapist or by the therapist toward the client is unacceptable. Sexual harassment, language or innuendo will not be tolerated. If the therapist's or client's safety feels compromised, the session will be terminated immediately. If I terminate your session due to impropriety, you will be charged the full cost for your session.

2. Abusive Behavior

We are entering into a therapeutic relationship in which we agree to treat each other with respect. Verbal abuse, rude language and disrespectful actions will not be tolerated. I will let you know immediately if your behavior feels abusive or makes me uncomfortable. If the issue is serious or repeated, I may end the appointment without a refund.

3. Intoxication

Please do not show up to your appointment intoxicated in any way. I will not perform massage on intoxicated clients or clients under the influence of any mind-altering substances. If you arrive to your appointment intoxicated, I will have to cancel your appointment and charge you the full cost of the session.

I have read and agree to the Inappropriate Behavior Policies: _____ (initials)

Minors

I will only perform massage on minors with their parent or legal guardian present in the room for the entire duration of the massage. The minor and their parent/legal guardian will need to fill out an additional minor intake form and liability waiver.

I have read and agree to the Minor Client Policy: _____ (initials)

I have read and agree to all of the Nomadic Somatic Massage policies:

Signature

Date