



Thank you for choosing bodysherpa. I value your business, and both our time. Following are my policies for working together.

Session Time

I offer 30, 60, 75 and 90-minute sessions. These times reflect treatment – time on the table, and/or stretching and self-care education. Please allow up to 5 minutes before and 5 minutes after your session to discuss treatment goals, to change in and out of clothing, and take care of appointment-related business, such as scheduling sessions and payment. First-time clients, allow an additional 5 minutes. Any additional time will come from your treatment time.

Lateness

I have set aside your appointment time exclusively for you. Should you be late, we will work with the treatment time remaining and you will be charged for the entire session.

Cancellations

Appointments cancelled with less than 24-hours-notice will be charged the full session fee. Payment for late-cancellation is due prior to your next scheduled appointment.

Payment

I accept cash, check (made out to bodysherpa) and credit cards via PayPal. Payment is due at the beginning of each session. Returned checks will be charged a \$25 bank fee. I do not directly bill insurance. However, I am happy to provide you with a receipt for possible reimbursement.

Client Information & Privacy

You will receive an intake form prior to your first session. Complete and bring to your appointment. Please let me know of any changes to your health, or other information shared in your intake form (address, phone, medications).

The information on your client-intake form, and any information you share with me is private – it belongs to you, unless I'm required by law to share it. If you would like me to share information with another practitioner, I will need your request in writing.

Informed Consent

I understand that massage therapy is intended to enhance relaxation, reduce pain caused by muscle tension, increase range of motion, improve circulation and offer a positive experience of touch. The general benefits of massage, possible massage contraindications and the treatment procedure have been explained to me. I understand that massage is not a substitute for medical treatment or medication and that it is recommended that I concurrently work with my primary caregiver for any condition I may have. I am aware that the massage therapist does not diagnose illness or disease, does not prescribe medications, and that spinal manipulations are not part of massage therapy.

Client Signature & Date