

**Dawn Trygstad, Certified Massage Therapist**  
**AGREEMENT & POLICIES**

**TREATMENTS**

- This massage is for the purpose of stress reduction, relaxation of muscular tension, pain relief and to help facilitate a natural healing process. It is strictly therapeutic and non-sexual.
- It is not within the scope of practice of a Massage Practitioner / Health Educator to diagnose an illness or physical disorder.
- It is the responsibility of the client to share all known medical conditions, medications and injuries and to update their health status during subsequent visits.
- Please wear loose, stretchy clothing for maximum comfort during your session. Yoga clothes are much more relaxing and conducive to acupressure than jeans or other clothes with buttons, zippers, etc. Belts and items in pockets can be uncomfortable.
- In order to get the most from your session please consider the following:
  - If possible allow yourself a few minutes before and after the treatment, so you can arrive without hurrying and can relax a bit afterward without having to rush off.
  - Vigorous exercise right after a massage is not healthy and should be avoided.
  - Please only leave your cell phone on if absolutely necessary.

**CANCELLATIONS/LATENESS**

- It works best for everyone if you reschedule or cancel appointments with at least 24 hours notice so that the time can be made available to others. The following charges apply for appointments canceled under 24 hours:
  - Full charge of session fee if the client forgets to come for the appointment.
  - Half charge of session fee if the client gets sick or has an emergency and calls to inform me before the scheduled session time.
- If the client is late, the session will still end at the scheduled time.

**LOGISTICS**

- Upon arrival at the Emeryville Health and Wellness Center office:
  - If you forget the door code you can knock on the front door. I will come open the door for you if I hear you knock. Please be patient as I will definitely come looking if you do not arrive as scheduled.
  - If the door to my office is closed when you arrive it means I am busy. Have a seat in the waiting area and I will be with you shortly.
- Consideration of other clients is much appreciated:
  - Please keep conversations quiet in the waiting area and stairwell so as not to disturb those in sessions in neighboring treatment rooms.
  - Please do not wear scented products (perfume, deodorant, etc.) as we have some very sensitive patients who cannot tolerate any odors due to medical conditions.
- Payment is due at time of service unless we make other arrangements. The rate in my office is \$100/hour; at your home or office it's \$125/hour. Discounts are available for longer and multiple sessions. If you refer a new client, you will get 25% off your next session.

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DATE NAME

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SIGNATURE

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PHONE

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E-MAIL ADDRESS

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χ mailing list OK?