

Client Responsibilities

Provide Accurate & Timely Health Information

- Please complete, as accurately as possible, your Initial Health History Form and update us with any relevant changes. It is *EST's policy to update your health history every six months to ensure your safety.*

Communicate With Us

- Communicate often! We are here to serve you. If something feels uncomfortable or painful please let your therapist know right away. If any draping or massage techniques are making you uncomfortable please let your therapist know immediately. *You should feel safe and secure at all times; prior to, during and immediately after your massage.*

Personal Boundaries & Safety

- Honor and respect your personal boundaries. Is something not working for your (speed, depth); need to change the music or lighting to feel more comfortable and secure? Please ask. We are here to provide you with safe, effective therapeutic touch within your comfort zone.

Personal Hygiene

- Proper bathing and grooming will help us to serve you better. Please be considerate and shower or bathe 24 hours prior to your appointment. If you are wearing sandals or shoes without socks, please wash or sanitize your feet prior to getting on the table. We are happy to provide you with sanitizer and towelletes. Thank you.

Refrain From Using Alcohol & Other Illegal Substances

- Please refrain from using alcohol and other illegal substances 24 hours prior to your session. ***Massage increases circulation and may increase these substances to unsafe levels.*** EST reserves the right, in its sole discretion, to refuse treatment to anyone under the influence of alcohol or other substances.

Respect

- Treat the massage therapist with respect. Absolutely no inappropriate touch, language, sexual innuendos, intimidation, sexual harassment or other forms of harassment will be tolerated.

I, the undersigned, have read, understand and have received a copy of the above Client Responsibilities which may be modified from time to time. The most current version of these responsibilities is available online at www.easternsuntherapeutics.com.

By: _____
Signature

Typed/Printed Name

Date