

## Terms and Conditions

I, \_\_\_\_\_, (client) understand that massage therapy provided by, Holly Holm LMT, who is licensed in the State of Arizona, is used to manually manipulate the muscles, tendons, and fascia of the body to promote health and wellness, stress reduction, circulation enhancement, increased relaxation, and relief from muscular tension, soreness, and pain. The general benefits of massage, possible massage contraindications, and the treatment procedure have been explained to me. I understand that massage therapy is not a substitute for medical treatment or medications, and that it is recommended that I work simultaneously with my Primary Caregiver for any condition(s) 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. I have informed the massage therapist of all my known physical conditions, medical conditions and medications, and I will keep the massage therapist updated on any changes. I understand that there shall be no liability on the practitioner's part if I fail to disclose the appropriate health-related information. I understand that failure to inform the therapist of these changes may place me (or my child or dependent) at greater risk of adverse reactions to massage. If I experience any pain or discomfort during the session, I will immediately communicate that to the therapist so the treatment can be adjusted.

### Client Policy:

- Prior to each massage session, your specific treatment plan will be discussed with you.
- Please shower prior to your session. Proper hygiene supports the health and safety of both the client and the massage therapist.
- If you have a contagious virus or pathogen, please reschedule your appointment.
- Please arrive for your appointment 15 minutes prior to the scheduled starting time. This allows you the time to fill out the appropriate client form (new clients) or records, and to change and prepare for the service. All massages have a specific time schedule and early arrival allows for a relaxed and unhurried experience. If late arrival is inevitable, your service(s) may be shortened in order to keep on schedule. The original reservation fee will be charged.
- Clients must provide a health history and update that history, as necessary. Client information is not shared with any members of the public or other health-care providers without written client consent, or unless ordered by a court of law as part of a legal proceeding.
- The discussion between the massage therapist and the client is confidential. The client may or may not choose to talk during the massage.
- **Being under the influence of alcohol and/or drugs make it unsafe for you to receive massage.** Please advise the massage therapist of any prescription drugs you are taking or have taken within the last 12 hours for pain management or anti-inflammatory purposes.
- The client will always be modestly draped. Only the area being massaged will be undraped. The clients will be kept informed of the area to be massaged.
- The client may choose to leave on as much clothing as needed for comfort, refuse any massage methods, stop the massage at any time and is free to leave. The therapy door is never locked.
- Sexual harassment is not tolerated. Requests for sexual activity will not be tolerated, will be viewed as solicitation, and reported to the proper authorities. The client will not be rescheduled if this occurs.
- If the massage therapist's safety feels compromised, the session is stopped immediately.

**Terms and Conditions**

- Occasionally, an emotional response to massage occurs. If this happens, you are welcome to express those emotions in this safe, nonjudgmental environment - or you may request privacy and end the session. You are in control. The massage therapist is not able to provide emotional or spiritual counseling.
- Payment in full (cash or credit card) is expected at the time service is rendered. (60 minutes: \$69)

**Cancellation and No Show Policy:**

Please provide at least **24 hour notice** if you need to reschedule or cancel a treatment. If a client fails to cancel within 24 hours two or more times, they will be asked to pre-pay for future services and/or will not be allowed to book future sessions.

**I have read and reviewed the above policies for Sync Myofascial & Massage Healing Therapies - Holly Holm, LMT - and I understand them and agree to abide by them.**

Client Signature \_\_\_\_\_ Date \_\_\_\_\_

Therapist Signature \_\_\_\_\_ Date \_\_\_\_\_

**Sync Myofascial & Massage Healing Therapies**

Holly Holm, LMT

Gateway Office Park  
42104 N. Venture Dr.  
Suite C-114  
Anthem, Arizona 85086

Text or call: 623-695-2053

[www.SyncHealingTherapies.com](http://www.SyncHealingTherapies.com)  
[SyncTherapies@gmail.com](mailto:SyncTherapies@gmail.com)