

What to expect for in-home massage therapy...

- a. Health History Form
 - i. All clients are required to complete this.
 - ii. Must be updated once per year or if there are changes to your general health status
 - iii. Our privacy policy is available on the website www.jenniferblochrmt.com
 - iv. If you complete this form and have it ready prior to your therapist's arrival, it will allow for more time for the massage.

- b. Set up process & location
 - i. Your therapist will arrive 10-15 mins prior to the appointment to set up
 - ii. It is to your advantage to find a space in your home that is private and quite, free of noise, and distraction...however, although not ideal for your relaxation, if needed we can work around kids, dogs, spouses, and business interruptions.
 - iii. It is important to allow for enough room for to walk and stretch around the massage table, if you have concerns about this, we have alternative solutions.
 - iv. It will save time for your massage if the space is ready prior to your therapist's arrival
 - v. It would be a good idea to have a chair in the space, as well as 2-3 pillows
 - vi. We provide all linen
 - vii. Your therapist will go and wash their hands while you get on to the table

- c. Assessment
 - i. Prior to the massage, Your therapist will conduct a brief assessment of:
 1. Posture
 2. Range of motion
 3. And if required, orthopedic testing (for injuries or pain)
 4. Other assessments will be done on the table (muscle tone etc...)
 - ii. Please inform us ahead of time if you require any special needs or accommodation.

- d. Massage
 - i. We standardly use a massage gel that has a light scent and may contain allergens such as sesame oil, coconut oil, or nuts.
 - ii. If you have any allergies, please let me know ahead of time so I can make arrangements to bring appropriate lotion and linen
 - iii. If you prefer no lotion, we can do that too
 - iv. If you have any contagious medical issues such as skin disorders, or the flu, please let us know ahead of time so we can take appropriate precautions
 - v. Many clients are most comfortable disrobing completely or down to their undergarments, but it's up to you. You will be draped with the sheets at all times.

- e. Tear down & clean up
 - i. We need to allow for another 10-15 mins for tear down
 - ii. It will save time if you use a robe to dress following the massage
 - iii. Following the massage, your therapist will leave to wash their hands while you get off the table.
 - iv. All surfaces that are touched in the process will be wiped down with Lysol wipes.

- f. Payment
 - i. We do not accept tips. We prefer referrals. If a client insists on providing a tip, 100% of the tip will be collected and donated once per month to the Canadian Cancer Society or the Breast Cancer Foundation.
 - ii. It will save time if you prepare the payment prior to arrival. We accept cash, personal cheque, Visa, Mastercard or email transfers. Our fee policy can be viewed at www.jenniferblochrmt.com.
 - iii. My regular fee is \$110/hr plus HST.
 - iv. Cancellation policy: we require more than 24 hours for cancellations in order to avoid being charged for the full session.
 - v. We provide receipts for insurance

- g. Questions
 - i. If you have any questions, please contact us. We can be reached between the hours of 9am and 9pm at (416) 877-3026. You can leave a confidential voice mail if needed and we will return your call within a couple of hours.