

## **Massage Client Waiver Form**

Please take a moment to read and initial the following statements:

If I experience pain or discomfort during the session, I will immediately inform my therapist so that pressure/strokes can be adjusted to my level of comfort. I will not hold my therapist responsible for any pain or discomfort I experience during or after the session.

\_\_\_\_\_

I affirm that I have notified my therapist of all known medical concerns and injuries.

\_\_\_\_\_

I agree to inform the therapist of any changes in my health and medical condition. I understand that there shall be no liability on the therapist's part should I forget to do so.

\_\_\_\_\_

I understand that massage is entirely therapeutic and non-sexual in nature.

\_\_\_\_\_

I understand that should I cancel an appointment, I will give 24-hour notice or be charged for the full session time. Emergency cancellations due to extenuating circumstances will be determined at the practitioner's discretion.

\_\_\_\_\_

It is my choice to receive massage therapy/bodywork. I understand that these services are being given for the well being of my body and mind, and in no way takes the place of my doctor's care when it is indicated. I acknowledge that massage and bodywork are not substitutes for a medical examination or diagnosis, and that it is recommended that I see my primary health care provider for that service. Information exchanged during any massage or bodywork session is educational in nature and is intended to help me become more familiar and conscious of my health status, and is to be used at my own discretion. By signing this document, I hereby waive and release the therapist, Alden Caldwell-Gaines, from any and all liability, past, present, and future relating to massage therapy and bodywork.

Client Name: \_\_\_\_\_ Date: \_\_\_\_\_

Client Signature: \_\_\_\_\_

## **Information and Suggestions**

- Prior to your massage, please remove glasses, watches, and all jewelry. Pull long hair back with a clip or braid.
- In general, massage is given while you are unclothed. However, you may choose to wear undergarments or a swimsuit. You will be covered with a top sheet throughout your session. This is your massage and you should be as comfortable as possible.
- Feel free to ask your therapist any questions before, during, or after the session. Your therapist is a highly trained professional and will be happy to make you feel informed and comfortable.