

## Policies

Artesia Massage Therapy (AMT) offers Therapeutic Massage, the manipulation of soft tissue through touch. The benefits of massage therapy have been well documented and include improved flexibility, stress reduction, improved circulation, posture, and general health as well as an increased perception of the mind-body connection. The massage modalities offered include Swedish, Deep Tissue, Sports and Hot Stone Massage. Table Massage sessions are 60 or 90 minutes and Seated Chair Massage sessions are 15 minutes.

Our Frederick, MD office provides an inviting and therapeutic atmosphere. Sessions are also available in your home or office<sup>1</sup>.

Visit the website for the most up to date information and convenient online booking. We accept bookings up to 6 months in advance. Same-day office appointments may be available; however house-calls require at least 2-days prior notice. Appointment times fill quickly and advanced booking is highly encouraged.

**CANCELLATIONS:** AMT requires a minimum 24 hour cancellation notice; otherwise you will be charged for the appointment. If we have to cancel your appointment with less than 24 hours notice you will receive a certificate for a free 60 minute session. If you are late for your appointment, please understand we will try to provide you a full session, however your time may be shortened as successive clients expect us to start their sessions on time.

Plan to arrive at least 15 minutes early for your first visit to complete the Health Intake form. You can also find the form on our website where you can enter your information, print it at home and bring it with you. We will review this information with you as there are a few important contraindications to massage. We follow the federal HIPAA Privacy guidelines for client confidentiality and will request permission from you to consult with your healthcare provider, if needed.

**WHAT TO EXPECT:** AMT respects our client's modesty. You will be fully draped with a sheet and blanket and only the body part currently being worked on will be uncovered. We encourage you to fully undress to receive the most effective therapeutic massage; however your comfort is most important. During the session, we will check with you regarding temperature, pressure and other factors to ensure your comfort.

If you plan to receive a massage following a workout or extended physical exertion, please shower before your massage.

**PAYMENT** is expected at the time of service. Pre-payment is an easy and convenient option when you book your appointment. We accept cash, check, PayPal, MasterCard and Visa. Gift certificates are also available. Tips are welcomed, but not required. Occasionally, we will offer special pricing and packages for clients that sign up for our quarterly newsletter

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<sup>1</sup> Twenty Five dollar travel fee applies in Frederick and Montgomery Counties, Forty dollar fee outside this service area.