

Policies / Pre-Post Treatment Instructions

Before Sessions

Before your bodywork sessions (and in general), it is important to be hydrated. Do not drink a lot of water just before your appointment, try to spread out your water intake during several hours before your appointment.

Give yourself time to relax (if possible, do some breathing exercises), leave a little early for your appointments so you aren't tense during your travels.

Please be sure that your body is clean prior to your sessions.

During Sessions

During your bodywork sessions, you may undress to your comfort level. Your body will be draped with the exception of body parts being treated. Your comfort level is very important to us. As a note, it is always more beneficial for work to be done directly on skin.

Reiki Sessions are performed while the client is fully clothed.

Under no circumstances are a clients genitals or breast tissue (female) exposed or touched. This may be altered if Lymph Drainage Therapy of the breast is being performed—which is always discussed before a session).

If the pressure is either too deep (beyond sweet discomfort) or not deep enough at any point, please mention this at the time to be sure that your session is as relaxing and comfortable as possible. We are here for your benefit and want to be sure that you are receiving the highest quality bodywork.

After Sessions

After your bodywork sessions, be sure to continue to hydrate to allow toxins released from the body during muscle and fascia release as well as lymphatic drainage to be flushed from the body. Toxins generally leave the body through the urinary system. If you experience any slight discomfort during the remainder of the day or a day or two later, a bath with Epsom Salt helps to draw toxins out of the body.

Give yourself a chance to relax and enjoy the benefits of your session. Take a nap, read a book, enjoy a nice cup of tea, go to a park or do something else that relaxes you.

If you are given any "homework" to do including stretches, exercises, etc., please make every attempt to do them when directed to help facilitate the healing processes.

If you have any questions after your session, please feel free to contact us via phone or email. Your appointment does not end the second you walk out the door.

Please turn Over...

Cancellation Policy

At AUM bodyworks, we understand that unanticipated events happen occasionally in everyone's life. In our desire to be effective and fair to all of our clients and out of consideration for our therapists' time, we have adopted the following policies:

- **24 hour advance notice is requested** when canceling an appointment. This allows the opportunity for someone else to avail themselves of our services.
- If you are unable to give us 24 hours advance notice and we are unable to fill your time slot, **you may be charged the 50%** of what would have been your treatment fee. At our discretion this charge will be either automatically deducted from the outstanding balance of an existing "value plan" or gift certificate; otherwise, it should be paid in full prior to your next treatment.

On the other hand, if we are able to fill "your" time slot with somebody else, you will not be charged for that missed appointment. Remember, if you know a friend looking for our services, you can save yourself the cost of the missed appointment AND gain incentives.

No-shows

Anyone who misses an appointment without contacting AUM bodyworks will be considered a "no-show". They will be charged for their "missed" appointment and future service will be denied until payment is made.

Arriving late

If you are not present for your scheduled session during the first 15 minutes (unless having telephoned us you might be late), it will be construed by us that you are a "no-show", and that time slot will automatically become available for someone else. Depending upon how late you arrive, your therapist will then determine if there is enough time remaining to start a treatment...and regardless of the length of the treatment actually given, **you will be responsible for payment of the "full" session.**

I have read both pages of this document of Policies and pre/post treatment instructions and understand its contents. I have discussed any questions or concerns about this document with my therapist.

I understand that if requested, I will be given a copy of this form to take with me after my session for my records.

Signature: _____ Print Name: _____ Date: _____

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Massage Therapy, Reiki, Integrative Reflexology, Ear Candling, Yoga Instruction
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