

The De-Stressor-Consultation Document and Informed Consent Form

Because massage therapy work involves maintained touch and close physical proximity over an extended period of time, there may be an elevated risk of disease transmission, including COVID-19. By signing this form, I acknowledge that I am aware of the risks involved and give consent to receive massage and bodywork from The De-Stressor, LLC (Steve Shecht)

Have you had a fever in the last 24 hours of 100°F or above? Do you now, or have you recently had, any respiratory or flu symptoms, coughing, sneezing, sore throat, or shortness of breath? Have you been in contact with anyone in the last 14 days who has been diagnosed with COVID-19 or has coronavirus-type symptoms? If yes, please reschedule before your massage begins, without any cancelation penalty.

Because of the coronavirus pandemic I have had to make some changes to my business. These changes take into account your well-being and health.

- 1.) I will only be scheduling a maximum of 3 clients per day.**
- 2.) There will only be one person permitted into my home at a time. If you have somebody driving you to your massage, they must remain in the car or come back later to pick you up.**
- 3.) There will now be a minimum of one hour between massage appointments. This is to allow the massage room and restroom to be re-sanitized and re-disinfected. So if you want a spouse or friend to receive a massage the same day, their massage cannot be right after yours.**
- 4.) If you want to wear a mask, please do. If you do and find it uncomfortable while being face down, I can remove the face cradle and provide a pillow or towel so you can turn your head sideways.**
- 5.) The massage room and restroom will be sanitized and disinfected BEFORE and AFTER every massage. Fresh linens will be supplied as always. Hand sanitizer will be available along with disinfectant wipes for your use. Hand washing practices will remain in effect.**
- 6.) I may use a non contact fever thermometer to take your temperature if required by law.**
- 7.) These restrictions will remain in effect until coronavirus testing procedures become easily available or a vaccine is developed that will allow them to be lifted.**

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"Massage therapy" means the manipulation of soft tissue by hand or through a mechanical or electrical apparatus for the purpose of body massage and includes all or some of the following touch therapies: effleurage (stroking), petrissage (kneading), tapotement (percussion), compression, vibration, and friction.

Swedish Massage therapy services are for the primary purpose of relaxation and/or providing relief from muscular pain and tension. In addition, it is beneficial for increasing the level of oxygen in the blood, decreasing muscle toxins, improving circulation, and increasing flexibility while easing anxiety.

Massage therapy is not a substitute for medical examination or diagnosis. Please check with your physician if you have any medical concerns. Please note, I do not prescribe medical treatments or medications or perform spinal or skeletal adjustments. If you have a serious medical diagnosis you must provide a physician's written consent prior to services. Clients under the age of 17 must provide written consent of a parent or guardian to the massage therapist before massage therapy services are provided.

Rates: (The average cost for Massage Therapy in Texas is \$60/hour plus gratuity)

The De-Stressor charges \$.50 per minute (so \$30-60 minutes, \$45-90 minutes) Your massage can range from 30 minutes up to a maximum of 100 minutes. I charge less than others because I do not have the overhead of maintaining a separate building. I have decided to pass the savings onto the clients.

Hot Stones and Warm Bamboo Sticks are included at no additional costs with massages 90 minutes or longer, along with light stretching. CBD salve is also available at no additional cost for all massages if the client wants it.

Gratuity/Tips---This is never required but is greatly appreciated. As a general rule, if you tip your hair salon and nail salon professional, you should tip the massage therapist. The quality of the massage will remain the same whether you tip or not.

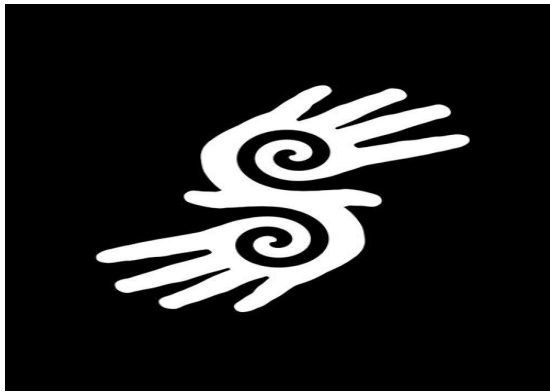
If you re-book a future appointment the same day as your massage, the next massage will be at a 10% discount.

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Cancellation Policy: If you cancel due to health reasons even on the same day there is no cancellation penalty. If you fail to come in for your scheduled appointment or do not cancel at least 24 hours ahead of time, you will not be permitted to re-book. I have had too many clients not show up because they forgot. That is no longer acceptable unless a no-show payment is made.

Appointments: The De-Stressor is open Monday thru Friday, with the first appointment at 11:00 AM and the last beginning at 7:00 PM. Saturday appointments begin at 11:00 AM with the last time beginning at 2:00 PM. Closed Sundays. Appointments must be made by TEXT only to 281-889-7272.

All the above information applies to massages being completed at my in-home massage studio. I am no longer offering mobile massage therapy.



**The De-Stressor, LLC
2410 Suncreek Lane
Pearland, Texas 77584
281-889-7272**

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Thank you for scheduling your massage.

Date: _____

Name: _____

Street Address:

City, State,
Zip _____

Cell Phone: _____

Email: _____

Emergency Contact and Phone #

Birthday: Month and Day

Form of Payment- Please check all that apply- Cash _____ Check _____

Credit Card _____ Zelle _____ Gift Certificate _____

Please check all that apply:

Heart Conditions _____ Migraines _____ Diabetes _____

Arthritis _____ Blood Clot Disorders _____ Cancer _____

Skin Conditions _____ Pregnant _____ Covid-19 _____

Are you currently taking any medications that could affect your massage? Please advise: _____

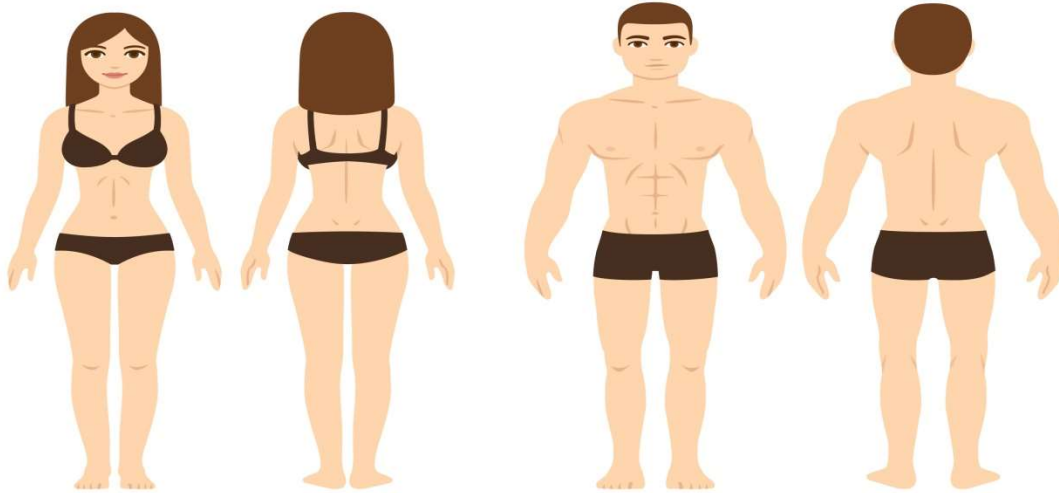
Have you received massage therapy before? Yes _____ No _____

When? _____

Which areas of your body are causing you discomfort today?

Pressure Preferred: Light _____ Firm _____ Deep _____

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On the above Body Map, please place an **X** on any areas to be avoided; (that you prefer not to be massaged).

On the above Body Map, please place an **O** on any areas that you would like extra attention. (i.e.: Muscle tightness, etc.)

Your massage will be a full body massage which includes all areas of your body, front and back, including your scalp, face, abdomen, and pectorals (upper chest) unless you have excluded them on the above body maps.

Please note, the therapist will not engage in breast massage of female clients without the written consent of the client as per Texas law.

Draping will be used during your massage which means that your body will be modestly covered by a sheet or towel and only those areas being massaged will be uncovered during the session.

If you are uncomfortable for any reason during your massage session you may ask for the massage to be ceased and I will end the session immediately.

Signature of the client _____

Date: _____

Signature of the LMT _____

Date: _____