

## Massage Etiquette @ MassageFIX

1. **Cancellations:** This is a very busy office and we often have a wait list. This means that the appointment that you have booked has probably been asked for many times and others are waiting to take it. If you observe our 24 hour cancellation policy, then we will have time to get in touch with our wait list and fill your missed appointment. If you cancel with less than a 24 hours notice, those waiting may not be able to rearrange their schedules in time to take advantage of the opening. This costs MassageFIX money and we cannot continue to accommodate those who disrespect our time and our business.
2. Reschedule your appointment if **you are sick**. Your therapist may not be able to afford time off to recover from the illness you give her.
3. Reschedule your appointment if you are being treated for an infection and are on **antibiotics**. Circulatory massage may worsen your infection and decrease your medication's effectiveness.
4. It is important to disclose any **new medications and treatments** you are currently undergoing that vary from your original intake form prior to rebooking any massage appointment.
5. You must cover all **open skin** (cuts, warts, etc) with a bandaid and bring to the therapists attention prior to your massage.
6. Remove all **make-up** from face before climbing on to the massage table. Replacing stained linens can be very costly.
7. Inform the therapist if you have a **spray tan** or body make-up on so that she can use non-staining sheets during your treatment.
8. Remove all **jewelry** prior to your massage. We are not responsible for lost or damaged items.
9. We ask that you turn your **cell phone** off during your massage for your own peace. If you need to leave it on for an emergency, that's fine.....just let the therapist know.
10. Do not consume **alcoholic beverages** prior to your massage. This creates an ethical dilemma for your therapist and exposes her to liability that is unwanted and you may be asked to leave.
11. It is imperative that you **bathe prior to a massage** and **exfoliate your skin** before the massage, especially between your toes and your back. Old excess skin that easily sloughs off congeals into unpleasant and sometimes odorous skin-balls and makes the therapist job more difficult.
12. It is not important to **shave** before a massage. Your therapist doesn't care or even notice.
13. Freshly **wash your hair** just prior to your massage. No therapist wants to massage your neck and scalp when your hair is greasy and dirty. The oily smell & feel can be quite nauseating.
14. Never wear **scented products** (perfume, cologne) to a massage. You may like the scent but your asthmatic therapist may be gasping for breathable oxygen.
15. **Heavy smokers** may not be able to be seen for massage with certain therapists due to the therapists own asthma and allergies. Please be kind and disclose this when making your first appointment.
16. Never make jokes or **comments of a sexual nature** to your therapist. Her sense of decorum may be dramatically different than yours and misunderstandings after incidents of this nature can be difficult to rectify.
17. Please do not use the **terms**: "*Masseuse*" for your Massage Therapist, "Bed" for Massage Table or "Rub"/"Stroke" for a Massage Technique. These are terms intentionally used by sexual deviants ("Johns") in the U.S. to communicate with prostitutes, not legitimate Licensed Massage Therapists.
18. Please **do not bring additional people** to your massage. No therapist wants to be watched while she is working or have to alter her routine because someone is in her way.
19. It is never okay to bring **children** or pets to a massage and be unsupervised while you are mentally and physically unavailable on the massage table. The office is not child proof and it is incredibly distracting and worrisome to the therapist.
20. The **client gets to decide** on: pressure, body & table temperature, music, lighting, essential oils & lotions and on how much clothing to remove before getting under the covers
19. The **massage therapists gets to decide** on proper draping, massage techniques/ protocol, fees, who cannot receive massage at any given time and for any given reason.