



*Prior to your first massage with us, you will be asked to fill out a short intake form. The intake form is where you record any medical history, past/present injuries and other physical conditions we should be made aware of. Your massage therapist/body worker will then review your intake information with you. They will inquire about the reason(s) you are coming in for a massage, your current physical condition and any specific areas in which you are experiencing pain or would like to address during your massage.*

*A small shelf for your personal belongings and a chair are also provided for your use. Your massage therapist/body worker will leave the room and wait outside while you disrobe to your level of comfort. The massage etiquette varies for clients. Some clients prefer to completely disrobe, while some will remain partially clothed. Either option is fine. Once disrobed, you will lie on the massage table, under the top sheet. Your massage therapist will give you a few minutes for this process and will knock on the door to ask if you are ready before entering your room.*

*You will always be draped with the top sheet during your massage session and an additional blanket is available at your request. The etiquette your massage therapist/body worker will follow is to only uncover the part of the body they are working on, ensuring that your modesty is respected at all times. The environment will be setup to be as tranquil and comfortable as possible during your massage. There will be relaxing music playing, unless you request otherwise, and the room should be quiet, with as few outside distractions as possible.*

*Before beginning the session, your therapist/body worker will ask you to alert them if, at any time during the session, a technique or stroke they are using is uncomfortable. Depending on your specific needs or requests, your massage therapist will either perform a customized full-body massage (for general relaxation and stress reduction) or focus on the specific parts of your body that you have requested. Rolling Meadow Therapeutic Massage uses only the highest quality hypoallergenic massage oils, creams and lotions for your massage.*

*Once your massage therapy session is complete, your therapist/body worker will leave the room so you may re-dress. Our massage therapy sessions vary depending on the length requested. Each session includes a 5 minute pre-interview and 5 minutes at the end for you to re-dress.*