First Massage Session?

What you should know before you go

- If you have a fever, please cancel/rebook your session
- If you have any illness symptoms, cancel/rebook to avoid contagious contact– your session, most likely, will not be enjoyable.
- Please be on time, allow for parking and for filling out any intake forms
- You will be asked lots of questions – this helps create the best treatment session for you
- Clothing is removed to **your** level of comfort; you are securely draped at all times. Removal of any clothing is optional.
- Please provide accurate health information. A special form will be provided
- Don't be afraid to discuss any apprehensions or concerns
- You have the right to stop the session
- Be as receptive and open to the process as possible, but if you are not comfortable for any reason – please say something!
- Try not to eat heavily just before a massage session. If you have to eat, then keep it as light as possible
- Do not come to a session after having consumed alcohol or illegal drugs. Nancy has the right, by law, to refuse treatment
- Let Nancy know what your needs are for maximum comfort, temperature, music, lighting all effect the session
- Talking during session is your choice. Nancy will ask questions and check in to make sure the session is on task
- Pay attention to your breathing. It should always be effortless and smooth. Never hold your breath
- Be mindful of contracting your muscles during the session, please mention if pressure is not to your liking
- If your thoughts are not allowing you to relax, check in, there are ways to help relax a busy brain
- Do not rush off the table after the session – sit upright for a minute before jumping into gravity
- Our bodies need water, it is recommended that you be hydrated in order for your session to be the best it can
- Try not to rush back in to a busy day post session, allow for some down time to absorb the work
- Massage has its greatest benefits over time. Please let your other medical practitioners know that you have added massage to your wellness plan so that Nancy can help compliment their work – special recommendation forms can be provided
- **Let Nancy know well in advance if you need to cancel your session. She knows *"Life happens."* Try to give a 24-hour notice. Same day cancellations may result in a $40/hr fee. No notice (no-show or call) will result in a 100% charge**

282 Ululani Street 2B
Hilo HI 96720

Phone: 808-321-2209
nancy@campbelllmbt.com

Nobody deserves
to be in pain!