

GENERAL INFORMATION & WHAT TO EXPECT FROM YOUR FIRST MASSAGE

Massages can be scheduled, confirmed or cancelled by calling (908) 359-5777 anytime. If no answer, please leave your name and number, with one or two preferred date(s) and time(s) you have in mind. We will call you back within 24 hours, between 8 am and 8 pm, to arrange details. Massages can be scheduled in our office or in your home (an additional fee may apply).

In your home, the massage requires a quiet area where we can set up our portable professional table with enough area to maneuver, approximately 10' by 15' or larger. We have massaged in tighter areas, so discuss this with us when we schedule your appointment. We will bring everything we need with us, including sheets, music and, depending on the type of massage, a choice of light oils, creams or gels.

If this is your first massage with us, please allow an additional 15 minutes for us to discuss the type of massage best suited for you and to fill out some minimal paperwork for our records. We encourage you to arrive 10 minutes early for all appointments to allow sufficient preparation time. Sessions will end at the scheduled time.

Your massage will be more enjoyable if you are relaxed prior to the massage. For sports massage, you should have completed a cool down period prior to the massage. We maintain the highest cleanliness levels and hope you will, too.

We use only high quality, natural ingredients if the session calls for a lubricant. Essential oils can be added at your request. Please let us know of any known allergens to any nuts, fruits or plants before the session begins.

Please remove jewelry, watches and chains that might get in the way. During the massage, draping is always done in a professional manner. In most cases, both you and the therapist will achieve better results if you are unclothed under the draping. However, this is your choice and you need only disrobe (in total privacy) to your own level of comfort. We will review the massage before we start and answer any remaining questions you may have.

We realize that circumstances sometimes require postponement of your massage, but please advise us at least a day in advance. Cancellations made less than 24 hours before your appointment require billing.

We accept cash, check, MasterCard or Visa for payment. A \$20 fee will be added to returned checks. Please remit payment when checking in for your session.

Our website contains additional details concerning the types of massages we offer and other useful information, including our backgrounds, training and professional affiliations. Your complete comfort and confidence is our priority.

Thanks for choosing Hillsborough Massage Therapy LLC!