



**Congratulations** on your decision to take the next step in caring for your body -- *the only one you get!*

Many businesses offering bodywork give a by-the-book, one-size-fits-all massage to every person who comes through the door.

This is not one of them. I believe every massage should take into account the individual needs of each person. Massage is personal. Your detailed medical history allows us to work together to determine exactly what type of massage (Therapeutic, trigger point, Swedish, deep tissue, pregnancy, hot stones -- for example) will most benefit you.

I have two offices, one in my home, 4572 St. Paul Blvd. and the other is located at 1598 Penfield Rd. in ROC City Wellness. Below I'm providing you with some details that will help your visit flow smoothly.

#### What Can Massage Do For You?

Massage therapy can help relieve depression, anxiety, insomnia; decrease or eliminate stress headaches; improve chiropractic adjustments; improve immune system functioning; relieve low back, neck and headache pain; reduce mental fatigue; reduce pain from surgery and cancer; improve healing from muscle injury; and most importantly to simply help you learn to relax in a stressful world.

#### Time

An hour is set aside for your appointment. Please arrive promptly. Being late shortens our time together.

#### Parking

Parking is available at both offices as follows- Parking for the home office on St. Paul Blvd is in the driveway or on the side street one half-block away. Please consider that there may be someone coming into the driveway after you. Pull to the right side of the driveway to allow another car beside yours in case the next client arrives early. There is a large parking lot at 1598 Penfield Rd.

#### Cancellation policy

If you are not able to keep your scheduled appointment, please call the office at your earliest opportunity. Cancellations with less than 24 hours notice and "no-shows" will be charged the full fee for services missed.

#### Disclaimer

As a massage therapist, I will not be diagnosing or treating diseases, nor will I make statements regarding cures. I will work with the information you provide, and do my best to help ease your discomfort.