



Massage Client Waiver Form

Please take a moment to read and initial the following information:

- ✓ I understand that the sports massage is provided for stress reduction, relaxation, relief from muscular tension, and improvement of circulation and energy flow.
- ✓ If I experience pain or discomfort during the session, I will immediately inform my therapist so that pressure/strokes can be adjusted to my level of comfort. I will not hold my therapist responsible for any pain or discomfort I experience during or after the session.
- ✓ I understand that the services offered today are not a substitute for medical care. I understand that my therapist is not qualified to perform spinal or skeletal adjustments, diagnose, prescribe, or treat physical or mental illness.
- ✓ I affirm that I have notified my therapist of all known medical conditions and injuries.
- ✓ I agree to inform the therapist of any changes in my health and medical condition. I understand that there shall be no liability on the therapist's part should I forget to do so.
- ✓ I understand that massage is entirely therapeutic and non-sexual in nature.
- ✓ By signing this release, I hereby waive and release my therapist from any and all liability, past, present, and future relating to massage therapy and bodywork.
- ✓ I understand to take and comply with the latest COVID- 19 Safety & Health precautions including safe distancing, wearing face mask, and have completed both doses of COVID-19 vaccinations.

Client name: _____

Client signature: _____

Date: _____

Therapist signature: _____

Information and Suggestions

- Prior to your massage, please remove contact lenses and all jewelry. Pull long hair back with a clip or band.
- In general, massage is given while you are unclothed. However, you may choose to wear undergarments or a swimsuit. You will be covered with a top sheet throughout your session. This is your massage and you should be as comfortable as possible.
- Certain types of massage (shiatsu, cranial sacral therapy, reflexology, Thai massage) require loose, comfortable clothing that allow for freedom of motion.
- Feel free to ask your therapist any questions before, during, or after the session. Your therapist is a trained professional and will be happy to make you feel informed and comfortable.