

Policies, Guidelines, and Expectations

Thank you for choosing A Beto Life as your neuromuscular bodywork provider. In order to provide the best service possible, I have implemented the following:

Intake / Assessment Policy

I will arrive within 15 minutes of the start of our session for an assessment so that we can plan on beginning the session on time. During the assessment, I will ask about pain, tension, and regular activity. This will help us to create a strategy and have a point of reference for future sessions. Acute injuries/conditions outside of the scope of practice for massage require doctor consultation. Your privacy and confidentiality will be maintained at all times.

Session Expectations

Please be sure you are clean and prepared for the session before the scheduled start time. You may feel open to communicate anything you believe pertains to the session. I expect you to communicate with me if you feel uncomfortable or have a painful sensation. Personal and professional boundaries will be respected at all times. I only provide therapeutic modalities within the scope of practice for neuromuscular therapy. I will leave the session area to wash my hands while you get yourself on/off the table before/after bodywork. I will check-in with you before I return, and notify you of the start and end time for the session as I begin the bodywork. I will notify you when we have reached the end of the session, and leave the session area again for you to get yourself off the table/re clothed.

Draping Policy

The massage table will be dressed with a fitted sheet, a top sheet, and a face cradle cover. You will be appropriately draped with the top sheet at all times during the massage, and I will only work over the drape. You may remain clothed, or undress to your comfort level, but you must be underneath the top sheet at all times. Only areas of the body that are currently being treated will be undraped. The inappropriate areas for massage will always remain draped and will never be exposed or massaged. I am willing to work with you to find a way that will help you feel most comfortable. Your relaxation is our ultimate goal.

Massage Termination

You and I both have the right to terminate the massage service immediately at any point during the session in the event of inappropriate conduct or extreme discomfort. This includes harassing/threatening behavior, sexual advances, or disrespect of any kind. A session will not be conducted if you are impaired by drugs or alcohol. If the massage is terminated by me for any of these reasons, full payment for the session is still required.

Late Cancellation / No Response Policy

I will reach out to you to confirm within 24 hours of our scheduled session. Notify me of a cancellation up to 24 hours in advance with no charge. If you must notify me within 24 hours of the start time, you may either pay 50% of the price for a cancellation at this point, or reschedule to any day within one month of the session with no charge. If you must notify me after the start of the session, you may either pay 100% of the price for a cancellation at this point, or pay 50% of the price and reschedule to any day within one month of the session - However, I may decide to not allow rescheduling in this case.

Exceptions will be made for emergencies.