



Seated Chair Massage - Information

Please read thoroughly before attending treatment.

What is Seated Chair Massage?

- A seated chair massage is a convenient, stress-relieving treatment focused on high-tension areas like the back, neck, shoulders, and arms. Conducted in a specialized ergonomic chair, sessions typically last 30 minutes although can also be performed in shorter sessions using less repetitions.
- At **Nature's Way Mobile Massage**, no oils or lotions will be used unless requested and provided by client
- Client will be fully dressed (T shirt is appropriate)

What are the benefits of Seated Chair Massage?

- Relaxing & soothing
- Improves circulation of blood
- Improves drainage of lymph
- Stimulates nervous system
- Clears the mind and aids concentration
- Rebalances energy flow
- Can relieve stress, anxiety, fatigue, irritability, insomnia
- Can improve muscle tone and joint flexibility, backache, repetitive strain injury
- Can improve condition of scalp and skin
- Can relieve sinusitis and congestion, toothache
- Can ease headaches, migraine, eye strain
- Can help with asthma, menstrual pain, digestive problems

Why is a consultation important before carrying out a massage?

- To explain what is going to happen
- To make sure there are no health reasons preventing treatment
- To put client at ease
- To discuss what the client would like to get out of the treatment
- To give the client the chance to ask questions.

What is a treatment plan?

- A treatment plan helps allows the therapist to fully explain the treatment to the client and establish what the client wants to achieve from the treatment
- It allows the therapist to discuss how often the client should have a treatment and things they can do at home to help and the time period involved

What conditions or symptoms (contra-indications) may prevent treatment Seated Chair Massage?

- **Pregnancy – not to be treated during whole duration of pregnancy**
- **Fever, diarrhoea or vomiting – not to be treated until at least 48 hours since last occurrence**
- **Clients under the influence of alcohol or recreational drugs will NOT be treated due to risk of severe post-treatment sickness**

GP/Consultant consent required unless condition is stable:

- Recent accident-causing injuries such as whiplash, concussion
- Regular headaches, migraines – not advisable to treat if suffering migraine at appointment
- Severe arthritis in area to be treated (early stages ok)
- Circulation problems – high and low blood pressure
- Diabetes – can suffer with loss of feeling, healing problems and can bruise easily
- Heart problems, thrombosis, haemophilia
- Breathing problems, asthma
- Recent surgery – depending on what it is – do not massage for 3-6 months
- Cancer
- Fragile bones, osteoporosis or similar
- Recent fractures (not for 3 months)
- Recent strains or sprains
- Eye infection
- Epilepsy – some moves could bring on a seizure depending upon how severe the condition is
- Infectious and non-infectious skin disorders including eczema/psoriasis
- Bruising, cuts, open wounds, unhealed tattoos, sunburn
- Infectious scalp disorders/head lice
- Cosmetic surgery, including Botox and fillers
- Hair implants/wigs/extensions/braids etc. Afro-Caribbean hair is extremely delicate

What to expect of the *Nature's Way Mobile Massage* Therapist

- Diploma in Indian Head Massage conducted at The Beauty Academy – accredited by Associated Beauty Therapists
- Diploma in Chair/Seated Acupressure Massage accredited by Associated Beauty Therapists
- Public Liability Insurance
- Professionalism and competence
- High level of cleanliness and personal hygiene
- Friendly and approachable manner

What is expected of the client

YOU MUST INFORM YOUR THERAPIST OF ALL KNOWN MEDICAL CONDITIONS BEFORE YOUR SESSION AND SPEAK UP IMMEDIATELY IF ANY TECHNIQUE CAUSES DISCOMFORT OR PAIN.

THE THERAPIST IS NOT A LICENSED MEDICAL DOCTOR, CHIROPRACTOR, OR PHYSIOTHERAPIST. HOLISTIC MASSAGE THERAPY IS INTENDED TO RELIEVE MUSCULAR TENSION AND PROMOTE RELAXATION, NOT TO CURE PHYSICAL AILMENTS, CHRONIC PAIN, OR STRUCTURAL INJURIES.

- Advise therapist before appointment of any contra-indications which may prevent treatment
- Calm, relaxing environment free from distractions
- Refrain from large meal less than 1 hour before treatment
- Good personal hygiene - clean oil/lotion free skin, clean hair free of product and accessories
- Remove make up
- Remove jewellery
- Client will be fully dressed in comfortable clothing (T shirt is appropriate).
- This is a calming treatment and talking will be at a minimum, however, if a technique is too firm or too soft or there are any areas to be massaged that you are sensitive about, please advise so therapist can adapt the treatment
- Please bring water
- Please provide 24 hours' notice of cancellation (see cancellation policy below)

Environment

This is a mobile treatment service. Treatments are NOT provided at the therapist's home or salon.

Location is chosen by the client

- If at home indoors - the space should be safe, clear from clutter, clean, quiet, relaxing, away from distractions. Animals safe in another room and children supervised
- If in the garden - the space should be safe, level ground, quiet, relaxing, away from distractions. Animals safe in another room and children supervised
- If in a public space, the area needs to be known well by the client and a safe space to have been pre-selected. The space should be safe with level ground, close to parking area as equipment will need to be transported
- Outside locations are weather dependent. If weather conditions make the location unsuitable, please provide a backup inside space as an alternative

If any of the spaces above are not appropriate then treatment may not go ahead.

Treatment

- There will be a pre-treatment consultation at the first appointment - going through health screening, expectations, goals
- There will be a chance to update the above at the beginning of subsequent treatments
- At **Nature's Way Mobile Massage**, no oils or lotions will be used unless requested and provided by client. If these are used, upper clothing will need to be removed or lowered and a towel will be provided
- Soft calming music can be provided by therapist or client or this can be a silent treatment.
- Treatment provided involves direct close body contact. The therapist will be standing behind or to the side of the client and the trunk of their body will at times be pressed against the client.

Areas being treated:

- Shoulders
- Arms/Hands
- Upper and lower back
- Hips
- Buttocks/Glutes
- Neck
- Head - crown

Massage techniques:

- Palm, thumb, fist and elbow pressing, hacking, ironing/smoothing, kneading, plucking, squeezing

If any of the above areas of treatment or techniques will be challenging for you, please advise the therapist where treatment will be adapted.

What reactions may occur following treatment (contra-action)

These are usually a positive sign and shows the body is self-healing and eliminating toxins

Contra-actions do not usually last more than 1-2 days and usually occur in very stressed clients

- Tiredness, deep sleep, vivid dreams or difficulty sleeping
- Client may need to pass urine, perspire more
- Client may feel emotional
- Slight headache, runny nose/dry cough. Flare ups of suppressed conditions possible

Post treatment advice

- Cut down on coffee/tea/fizzy drinks/alcohol and drink lots of water/herbal tea
- Cut down on smoking
- Eat light meals
- Keep warm and relax

GDPR statement

Nature's Way Mobile Massage takes the privacy and security of individuals and their personal information very seriously. Our principles for processing personal information are:

- We will process all personal information fairly and lawfully
- We will only process personal information for specified and lawful purposes
- Where practical, we will keep personal information up to date
- We will not keep personal information for longer than necessary

Nature's Way Mobile Massage may sometimes ask to share photos/comments/reviews on their website and social media in support of their work and community.

Cancellation Policy

If you need to cancel your appointment, please notify us at least 24 hours before the appointment. Cancellations with less than 24 hours' notice will result in a late fee, which is equal to 50% of the scheduled service.

Public Liability Insurance

Please see below in accordance with Public Liability Insurance **For and on behalf of ABT, part of Howden Insurance Brokers Limited, as agent of the Underwriters, Newline Syndicate 1218 at Lloyd's**

RECORD KEEPING

It is a **Condition Precedent** that:

- a) The Insured shall adequately record each and every treatment given to each and every client.
- b) The record should include full details of the consultation process, the treatment, the result of the treatment and any aftercare instructions given where appropriate.
- c) The record shall be kept for at least 7 years following the last occasion on which treatment was given. In the case of treatment to minors, it is advisable that records should be kept for at least 7 years after they reach the age of majority (18).
- d) In the case of trial or demonstration sessions undertaken at shows, seminars, talks, conferences, courses and exhibitions etc. instead of (a) (b) or (c) above, the name and brief details of the person, date of session and condition being treated should be recorded.
- e) In the case of sessions or classes undertaken in the form of yoga, pilates, fitness, exercise, meditation or mediumship instead of (a), (b), (c) or (d) above, the name and brief details of the person, date of session and any other relevant observations should be recorded.
- f) The record should include evidence of patch testing where applicable.

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