***Welcome to Facilitated Healing!***

Information For Your First Appointment

* Your therapist will look over your completed Intake Form, and may ask a few questions to determine your overall health, physical condition, and any particular areas of concern you might have.
* If you have an appointment for Myofascial Release you will need to bring or wear shorts and a tank top or sports bra, and don’t have any lotion or oils on your skin.
* Before your session begins, you may be asked to remove clothing to your level of comfort. The therapist will leave the room while you undress.
* Lie on the table, underneath the provided sheet and blanket.
* Chair massages are an exception. A specially-designed massage chair lets you lean forward and supports the front of the body. You remain clothed and no oil or lotion is used. Chair massages are usually 10 - 30 minutes long.
* Soothing music will be playing in the therapy room. If you find music distracting, tell your therapist. The same goes for talking during your session.
* Your therapist will check on your comfort throughout your session. If you're uncomfortable at any time, tell your therapist.
* Therapists often use lotion, massage oil, and some also use essential oils for aromatherapy. If you have allergies or sensitivities, please tell your therapist before your session begins.
* Appointments usually last one hour, but you may choose 30 or 90-minute sessions if you so desire, and if the schedule allows.
* After your appointment, the therapist will ask you to slowly get up and get dressed in private. There is water available in the reception area.
* Tips are appreciated to recognize outstanding service, but never required.
* The benefits of routine appointments are cumulative, so work with your therapist to customize a plan to meet your health and wellness goals.
* Please use a quiet voice if you must take a phone call while at the Center. We encourage placing your phone on silent to show courtesy to others receiving treatments.

***Facilitated Healing 1517 Doctors Court, Watertown Wisconsin 53094***

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