



ABN: 94 317 718 945

OUR THERAPY POLICY

- Please turn off your mobile phone once you are in the treatment room (if you leave it on or put it on silent it constantly affects the CD player in the room);
- Please arrive on time (or ideally 5 - 10 minutes earlier), as your therapy will need to finish on time so as not to inconvenience the next person. If you are late, this will only reduce the time of your own therapy.
- To save time, please don't wear jewellery;
- Please be clean – particularly your feet if you would like them to be worked on.
- Please don't wear perfume or other strong scents or moisturiser as it sometimes affects the oils that we use.
- Please do not have a cigarette just before coming in for any treatments. You may not notice the smell, but we do and so do our clients after you.
- If you are uncomfortable at any time during the therapy (the pressure, temperature, music etc) please tell us and an adjustment can be made. Remember, this is your time for your body and mind to release tension and stress so we need to know if something is not right.
- We prefer not to talk during your massage, so that you are gaining the full benefit from your treatment, and we are totally focused on providing you with the best possible outcome (*however this is totally at your discretion*);
- Drink plenty of water after your treatment to prevent dehydration, particularly if you have a massage. If you get a headache, feel dizzy or feel nauseas after your massage it usually means you are dehydrated and haven't drunk enough water.
- If you have private health insurance please ask for a receipt at the time of payment so that you can obtain your rebate.
- Please be aware of our cancellation and no show policy.