



## Informed Consent & Policies

### Informed Consent for Massage Therapy

- Massage therapy sessions are intended to promote relaxation, reduce muscular tension, improve circulation, increase range of motion, and support overall wellness.
- Massage therapy is not a substitute for medical care. The practitioner does not diagnose illness or disease, prescribe medications, or perform spinal manipulations.
- Clients are responsible for informing the therapist of all current medical conditions, injuries, medications, and any changes to their health status.
- Clients may choose to leave any article of clothing on during the session. Proper draping will be maintained at all times to ensure privacy and comfort.
- A typical full-body session may include work on the chest (excluding breast tissue), abdomen, hips, glutes, back, arms, legs, hands, feet, neck, and scalp. Clients may decline work on any area at any time.
- Clients may withdraw consent or request modifications to pressure or technique at any time during the session.
- As sessions are provided by a massage therapy student, techniques are performed within the scope of student training and under educational standards required for licensure in Tennessee.

### Professional Conduct & Zero-Tolerance Policy

- Calm with Ana maintains zero tolerance for behavior that creates risk, intimidation, or discomfort.
- Any inappropriate conduct will result in immediate termination of the session and permanent refusal of future services.
- Examples of unacceptable conduct include (but are not limited to): violence, sexual comments or gestures, attempts to move or remove draping, inappropriate touching of the therapist, intimidation, discriminatory remarks, threats, abusive language, or damaging property.
- Any physical contact without consent (e.g., grabbing, pushing, spitting) may result in a police report.

### Student Session & No Compensation Policy

- All student massage sessions are provided at no cost as part of hands-on educational training.
- In accordance with Tennessee Massage Therapy laws, student therapists may not accept tips, gifts, or compensation of any kind.

### Cancellation & No-Show Policy

- A minimum of 24-hour notice is required for cancellations.
- One no-show may be forgiven. Repeated no-shows may result in inability to schedule future sessions.
- Unforeseen emergencies will be handled with understanding and professionalism.
- In cases of inclement weather, if the facility closes, sessions will be rescheduled.

### Consent for Social Media & Educational Content

- Brief visual content may be created for professional purposes.
- Content creation helps offset costs of materials, laundry, and space rental associated with providing complimentary sessions.
- Consent is voluntary and not required to receive services.
- Clients will remain properly and modestly draped at all times.
- Any content creation will always be disclosed in advance and will never occur without prior verbal agreement.
- Content creation will stop immediately upon request.
- No name or personal identifying information will ever be shared.

### Client Acknowledgment



*Calm With Ana*

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By booking a session, I acknowledge that I have read, understood, and agree to the Informed Consent and Policies of Calm with Ana. I confirm that all information I have provided regarding my health is accurate and complete.