

# Tree of Life Center for Wellbeing

## Try Massage Therapy Offer

The **Try Massage Therapy Offer** consists of;

1. the client shall receive massage therapy 1x week for 4 consecutive weeks that includes Deep Tissue Therapy, Neuromuscular Therapy, Myofascial Release, and specific stretching exercises as indicated by his / her condition.
2. the client will make a reasonable attempt to stop or modify the activity (or suspected activity) that has initiated or aggravates his/her condition .
3. the client will make a reasonable attempt at doing his / her recommended home treatments including possibly using hot or cold packs and / or stretching or strengthening activities. Diet modifications and light exercise may be indicated for pain issues precipitated by excessive weight (customized nutritional support is available).

(You will not be asked to do what you cannot do, only to make your very best effort). **Your first appointment will include a detailed health history (including a list of your current medications) to help determine the best approach for your treatment. In some cases if your doctor has not seen you about your condition previously you may be asked to do so before we begin treatment.**

**Terms;** my standard rates will apply, specifically \$60.00 for a 1-hour session or \$80.00 if you choose 90 minutes. I will hold your check or credit card number for each session until all 4 sessions (4-consecutive weeks) has been completed. At the end of the 4-week period if you have kept consistent with your therapy, and have made an honest effort to correct the conditions leading to your injury or pain pattern, and honestly have not found any relief, then you do not have to pay me. I will return your money held. **My only condition is you make an honest effort for this to work which involves the 3-steps outlined above.** **If the client does not remain consistent with the therapy or make a reasonable effort with the therapy and steps above, full payment will be retained at the end of the program. Dana Tavares LMT reserves the right to cancel this agreement at any time and refund payments made if it is determined the client cannot or will not adhere to the recommended plan or the client will not apparently benefit from the therapy.**

\_\_\_\_\_  
Dana Tavares LMT

Date;\_\_\_\_\_

Client; I have read and understand the above offer and conditions. I have read the brochure **6-Steps To Reducing Chronic Musculoskeletal Pain Patterns, Naturally** and have had the basic principles of treatment explained to me. I agree to make a commitment to my health by proactively participating in the offer to the very best of my ability. I understand that having followed the treatment program and failing to realize any significant or appreciable improvement in my pain as indicated in my initial complaint I will receive a complete and full refund on any and all funds paid during this treatment offer.

\_\_\_\_\_  
Client;

Date;\_\_\_\_\_