

Massage Precautions

Massage is NOT recommended for certain people:

- Infectious skin disease, rash, or open wounds.
- Immediately after surgery except for manual lymphatic drainage.
- Immediately after chemotherapy or radiation, unless recommended by your doctor (please call [Sharon Noles](#), for massage specially adapted for these medical conditions).
- Prone to blood clots. There is a risk of blood clots being dislodged. If you have heart disease, check with your doctor before having a massage.
- Pregnant women should check with their doctor first if they are considering getting a massage.
- Massage should not be done directly over bruises, inflamed skin, unhealed wounds, tumors, abdominal hernia, or areas of recent fractures.

Additional tips

- Don't eat a heavy meal before the massage.
- If it's your first time at the office, arrive at least 10 minutes early to complete the necessary forms; which can be downloaded from the Client Download Forms Link on the top of the site.
- Otherwise, arrive 5 minutes early so you can have a few minutes to rest and relax before starting the massage.

Massage Works Disclaimer

Massage therapy Services are for the primary purpose of Short-Term relaxation and the relief of muscular tension. Massage therapy services are in no way a substitute for examination, diagnosis or treatment by a physician. The individual providing massage therapy services are not qualified to diagnose, prescribe or treat any physical or mental illness and are not qualified to perform spinal or skeletal adjustments. All information we provide is educational in nature and is to be used at your own risk.

Sexual Contact Disclaimer

- We are professionals, and any type of work performed by anyone at Zen Zone Massage is on a professional level. At no time is any sexual contact tolerated in or out of the office. The therapist has the right to end the session without a refund at anytime due to any type of sexual advances or innuendos from the client.
- At Zen Zone Massage we do not discriminate on the basis of race, religion, sexual preference or gender.
- At Zen Zone Massage we are certified massage therapists, however we are not doctors and therefore cannot diagnose anything. We would be more than happy to refer clients to someone that can help.
- Alcohol and drugs prevent any type of toxin release that is promoted by massage. Any client that is under the influence of alcohol or any chemical substance at the time of the massage will not be tolerated. The session will end without a refund.
- Any information shared between the client and the therapist is strictly confidential. No information is ever released without the client's permission and authorization.