

Nick Conrad Massage Therapy

Informed Consent for Therapeutic Massage of Vulnerable areas

I _____ voluntarily consent to receive full-body, therapeutic massage from Nick Conrad LMT, with the specifications listed and initialed below.

I AM AWARE that: (1) the intent of the massage is therapeutic and not sexual, and (2) I have the right to:

- discontinue the entire massage session, or any part of the session, at any time and for any reason
- request the massage to be given through a drape rather than directly on my body, at any time for any reason
- provide a witness who will be in the room with me while I receive massage

DESCRIPTIONS of CHEST & BREAST MASSAGE for both men and women:

- **simple chest massage, draped:** Done with chest/breasts draped. Soft breast tissue is avoided. Focus is on muscles attached to sternum and ribs.
- **full chest/breast massage, undraped:** Done undraped on the full chest and breasts. Includes the chest wall and breast tissue. While nipples and areolae are not specifically treated, they are touched with broad, sweeping strokes.

THERAPEUTIC RATIONALE for CHEST & BREAST MASSAGE includes (but is not limited to): supporting breathing, blood and lymph circulation, healthy posture, lactation and immune system support, treating neck, rib, or shoulder injuries, mobilizing scar tissue, preparing for and/or recover from surgery, stress management and relaxation.

DRAPING PREFERENCES: (Note: Genitals and gluteal cleft below the tip of the tailbone are always draped.)

- **Conservative draping:** Chest and breasts remain covered throughout the massage.
- **Moderate draping:** Chest/breasts covered most of the session, but uncovered while being specifically massaged.
- **Minimal draping:** Chest/breasts may be uncovered at any or all times during the session, by client preference.

I give permission for:			My draping preference is:		
Date	Simple chest massage, draped	Full chest/breast massage, undraped	Conservative	Moderate	Minimal

Signature

date