



Integrative Massage of Boulder

New Client Information

Welcome to Integrative Massage of Boulder!

In case this is your first visit with us let me guide you through the process.

Hit the "Book Now" button from my website: www.imassageboulder.com or you can call +1 303 704 0638, or email: rebecca@imassageboulder.com to set up your appointment.

Next print and complete the **New Client Health Intake Form** - this will save time and give us adequate opportunity on the table.

Description of an Integrative session:

There are 3 main elements that we can integrate to customize your session: various manual therapies, Rossiter method, and Craniosacral Facial Therapy (CFT).

WHAT TO WEAR

Because of the active nature of this work, it is helpful for clients to dress for a variety of techniques, and thus comfortable clothing that allows for a broad range of movement is important.

Women:

Exercise/yoga shorts with a sports bra that is not too restrictive, tight or with wide crossed straps, a bandeau, or a tank top.

Men:

Running or board shorts (mid-thigh or knee length).

- Please arrive 5 minutes early so we can maximize our treatment time.
- I will then review your **Client Health Intake Form** and together we will map out your treatment plan, in order to clarify presenting issues and desired outcomes.
- Your session will be unique to the goals that we establish for your treatment. Most of the manual therapeutic modalities will take place on a massage table, and the Rossiter method occurs on a mat on the floor.
- Each session will be unique to what is happening in your life and in your body moment to moment.
- No two sessions will be identical!
- At the end of most sessions we will design a home exercise and movement program for you to incorporate in your daily life between sessions. Our work on the table or floor is only one aspect of a movement rich, pain-free life.