Informed Consent for Therapeutic Massage of Vulnerable areas

I _____ voluntarily consent to receive full body, therapeutic massage from _____, 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 BREAST & CHEST MASSAGE for both men and women

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

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

DESCRIPTION of PELVIC FLOOR MASSAGE: massage of muscle attachments located on the pubic bone and the pelvic bones located between the legs. Genitals are always avoided. This massage may be done thru the drape or on skin.

THERAPEUTIC RATIONAL FOR PELVIC MASSAGE, including the sacrum, coccyx, pubis and pelvic floor (perineal) areas: to reduce tension and/or pain in the back, pelvis, hips and legs.

DRAPING DESCRIPTIONS: Genitals and gluteal cleft below the tip of the tailbone are always draped.

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

	I give permission for massage of:				**My draping preference is:**		
date	**My chest and breasts, undraped**	**My areolae & nipples, within full breast massage**	**Muscles attachments on pubic bone**	**Muscles attachments on pelvic floor bones**	**Minimal**	**Mod-erate**	**Conserv-ative**

_____ _____

Signature date

Insert business name and contact information here.