



Your Massage Therapist *and you*

You know you've found not only a professional massage therapist but an **ethical** one when...

Choosing a massage therapist is a vital healthcare decision. So how do you know you've found not only a professional massage therapist but an ethical one? These eight signs will help you evaluate your new therapist!

- **Consultation:** Texas' state law requires the therapist to provide a consultation prior to the first massage therapy session. Your massage therapist must obtain your signature on a consultation document relating to the types of massage therapy to be done, the parts of the body that will be massaged, their draping policy and the statement that, if uncomfortable for any reason, the client may request the therapist to cease the massage.
- **Questions:** An ethical massage therapist will ask helpful questions before each session to gather the information needed to design your session, and your therapist will ask questions after each session to address potential post-massage concerns.
- **Clarity:** An ethical massage therapist handles money clearly. They state their fees and policies clearly. You should know what you will owe and how you can pay before the session begins.
- **Timeliness:** An ethical massage therapist honors the time-boundaries of each session, beginning and ending at the agreed upon times. They have a late-arrival and cancellation policy.
- **Truthfulness:** An ethical massage therapist does not make fraudulent or exaggerated claims about the therapeutic benefits of massage or about their massage therapy training.
- **Responsiveness:** An ethical massage therapist should be responsive to any feedback you give during your massage session. For example, if you ask for less pressure on a certain part of your body, the massage therapist should immediately lessen the pressure.
- **Trustworthiness:** An ethical massage therapist does nothing in language or behavior that appears to be seductive or sexual. You should be able to close your eyes and relax fully in your therapist's presence.
- **Professionalism:** Overall, you should feel that your massage therapist is professional, well-trained in technique and anatomy, and genuinely cares about your optimum therapeutic benefit. Remember, if you feel uncomfortable at any time and for any reason during your session, you are within your rights to ask your massage therapist to stop the massage.