

FAQ'S

- [What is your Training and Background?](#)
- [What Should I expect on my first appointment?](#)
- [Why do you need my health history?](#)
- [Do you take walk in appointments?](#)
- [What should I expect during my session?](#)
- [What forms of Payment do you accept?](#)
- [Do you accept insurance?](#)
- [What is your cancellation policy?](#)
- [Can I bring my child?](#)

What is your Training and Background?

I have a degree in Nursing with 13 years of experience in the Critical Care arena. I completed a 900 hour massage certification education from the Myotherapy Institute of Massage in 2005 and opened a thriving private practice in NJ while also consulting with 2 prestigious local Spas. In 2006, I travelled to Austin Texas and ran a thriving private practice until Fall of 2010 before closing our Austin location and relocating to Northern NJ. Finally, I hold certifications in both Yoga and Pilates.

What Should I expect on my first appointment?

On your initial visit with us, please arrive 5–10 minutes prior to the scheduled appointment in order to fill out our required paperwork which includes a liability waiver and short health history. These forms are also available as PDF downloads [here](#). You may choose to download and fill out these forms for your convenience. Please bring them with you to your first session. This time is also used to discuss your needs and goals with your massage therapist. After your intake is complete, your chosen treatment or therapy will continue as normal. All client information is kept confidential according to the Health Privacy Act.

Why do you need my health history?

Massage, yoga, and pilates can be wonderful additions to your health regimen, however some health conditions are contraindicated or, treatment may need to be modified. Therefore, it is imperative that your massage therapist be kept updated about your health history to the best of your knowledge.

Do you take walk in appointments?

Sacred Elements is a private studio and massage practice therefore all sessions are by appointment only. For your convenience, online scheduling is available [here](#).

What should I expect during my session?

If you are coming for a massage, a short update on health history will be first on the agenda. After a short discussion of your needs & goals, you will be given privacy in which to undress and get on the table. If assistance is needed, there are privacy screens and robes available for use and assistance shall be provided. Draping is provided during the entire session, and only the portion of the body being massaged is exposed. The room temperature will be adjusted as necessary to ensure comfort.

What forms of Payment do you accept?

Currently, we accept cash or check. However, we are implementing some changes that will allow us to take Credit Cards by December 2010.

Do you accept insurance?

We do not accept insurance in lieu of payment, however, if your carrier provides for massage, we can help you with the necessary paperwork to be reimbursed directly by your insurance carrier.

What is your cancellation policy?

Here at Sacred Elements Massage Therapy, we strive to accommodate the appointment needs of our clientele to the best of our abilities. However, we also understand that life can occasionally throw us an unexpected curve. In order to serve the needs of all our clients, we have instituted the following policies:

Late Policy: As we often have clients booked in succession, it is impossible for us to lengthen an appointment due to late clientele, and the remaining session will end as scheduled.

Cancellation Policy: We require a 24 hour notice of cancellation. If you need to cancel your appointment with less than 24 hours notice, and your appointment time is filled you will not be charged for cancellation. However, if you cancel your appointment with less than 24 hours notice and your appointment time is not filled, a \$30 cancellation charge will apply.

No Shows for scheduled appointments will be charged the full amount of the scheduled

Can I bring my child?

No, there are no Child Care Facilities available on site at Sacred Elements.
