

BODYWORK FACT SHEET

bodyworkmovement.com

Lara Logan

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Sessions with Lara are a comprehensive approach to remodeling your body, posture and movement capacity. Bodywork is more than relaxation. It is an environment for clients to direct and participate in healthcare maintenance. Lara is here to empower and support your individual process of balancing your body.

FIRST TIME CLIENTS INITIAL sessions are \$150/1HR 30 MIN and include Bodyreading assessment, informed consent, plan of treatment, and hands on techniques per client's goals. All communications are through EMAIL. Text or EMAIL for cancel or reschedule. No voice mails.

REGULAR SESSIONS ARE \$115/ 1HR 15 MIN

Payment is due at time of service. Client's should have check or cash payment for deposit AT BEGINNING OF SESSION.

Please fill out the BodyWork and Massage intake form from bodyworkmovement.com or from PDF email.

Depending on your goals of the session, Lara can do a variety of tissue techniques to address your restrictions and accomplish your plan of treatment, Different types of tissue work are offered: myofascial, visceral, muscular structural, craniosacral, and deep sports style etc. All modalities are outlined during the initial session's Bodyreading.

Please come to your Body Work session with shorts and loose tee shirt/bare chest for men. NO WIRED SPORTS OR FASHION BRAS. NO TIGHT YOGA PANTS. You will not be unrobed under a massage sheet during your BodyWork session. Plan to arrive a few minutes early to change and use the restroom to allow full session time for hands on manual techniques. CLEAN DRY SKIN. PLEASE DO NOT COME FROM THE GYM TO YOUR BODYWORK SESSION.

Each consecutive session begins with a short Bodyreading assessment with where the body is ON THAT DAY. At the conclusion of your session between 2-5 minutes are used for clients to regain upright stance and review any self care, stretching, and or movement suggestions. Lara will likely complete your treatment note in session which involves some interviewing and typing and comprises a few minutes of the total session

CANCEL POLICY

The Cancellation Policy is 48 hours. A minimum of 48 hours is required or full payment of session will be due in order to book future sessions. You will receive an appointment confirmation for booked sessions. But it is the client's responsibility to make their session time and appropriate cancellation notice if needed through Lara's email. Lara_detter@yahoo.com or text to her cell 215 494 8157. **NO VOICEMAILS.**

ALL bookings, cancellations, and correspondence are handled directly through Lara's email above. To allow others to take advantage of a reopened time slot, please cancel appointments in a timely manner. Should this occur more than once, payment will be requested in advance for requested slots. In the event of an emergency or family situation, fees will not apply. Cancel sessions must be paid in 5 business days. Excessive late cancels will require advance payment for future bookings.