Rejuvenate Therapy

Consultation & Treatment Guidelines

1. Please download the consultation form and save to your documents. Please pay particular attention to the medical and injury histories, as well as what you expect from treatment and the areas you'd like to focus on. Once completed could you return the form to Viki using:

[viki.drury@yahoo.co.uk](mailto:viki.drury@yahoo.co.uk)

1. When you arrive for your treatment, we'll discuss your consultation form in a little more depth and from there I'll leave, allow you to change appropriately for your treatment
2. A posture assessment will be completed with you. This will focus on your musculo-skeletal balance/imbalances, any tightness and how this affects your overall posture.
3. Once you are positioned on the couch your treatment will begin.
4. Please be prepared to undress to undergarments or shorts if you'd prefer but they need to allow for me to adjust them to target various muscles groups etc.
5. If you would like to bring any additional pillows or items that would make your treatment more comfortable for you then that’s absolutely fine, although additional towels, bolsters and cushions can be provided for you.
6. Once your treatment is complete, I'll get you some water and leave you to take a couple of minutes to relax, re-dress and when you're ready, I'll re-enter the room to discuss how you feel and any advice I can give you.
7. Please note it is advised that you do not smoke or drink alcohol for at least 1hour after your treatment. This is to prevent any risk of dizziness, light-headedness, sickness, headache or any other unpleasant side effects from putting toxins back into the body following massage.
8. If you would like additional advice, stretching guidance or information on how to reduce risk of re-injury or to improve any problems that were tackled within your treatment time then I will be happy to help you.
9. If you have any questions please get in touch via email or on the mobile number provided below. I look forward to seeing you for your treatment!