



Welcome!

In order to offer you the best experience we've assembled this booklet. We are committed to providing a caring and healing environment for you. Please take the time to read over our policies, procedures, and agreements. We hope that you enjoy working with us and gain the maximum benefits from your treatments!

Payment

Payment is due at the time the service is rendered. We accept cash, checks, and credit cards (Visa, Master Card, Amex, and Discover). Our returned check fee is \$20. If you are paying with cash please have **exact change**.

Cancellations

I understand that by scheduling an appointment with Back to Life, I am entering into a contract to appear at a mutually agreed upon time. The time is reserved for me. If anyone else asks for that time they are denied. If I cancel my appointment, Back to Life may or may not be able to fill the time slot, depending on the amount of notice given.

Any appointment missed or cancelled, for any reason, with less than **24 hours** notice will be charged the **FULL FEE. We will automatically charge your credit card for a missed appointment.**

We may or may not give you a courtesy call to remind you of your appointment, so your agreement to keep your appointment is not contingent upon our contacting you. Cases of extreme emergencies are considered exceptions.

Tardiness

Please arrive on time. If you are late for your appointment, you will be provided as much time as available within the scheduled time slot as someone else is scheduled after you. You will still be charged the full fee for your appointment.

Food:

It is recommended that you do not eat just prior to a session. Give yourself plenty of time to digest. It can be uncomfortable to receive bodywork on a full stomach. However, it is also **not** suggested to receive work while you are hungry, or to drink coffee or alcohol prior to your treatment.

Attire:

Men can receive bodywork in their underwear, boxer briefs are best. A viable alternative is a pair of athletic shorts.

Women have several choices. Most women choose to wear a pair of loose-fitting cotton gym shorts over their underwear, and a tank top or sports bra (the less area of the back the sports bra takes up the better). You may also simply wear your bra and underwear if you like. Once you are on the table, you can have a sheet or blanket to cover up with if you wish.

It is important that you are comfortable with what you are wearing, and that your clothing not be too tight-fitting. We may be working in several sitting and lying positions, and you may also be standing and walking before and after the session. Bicycle style shorts, especially lycra, are very difficult to work through and are not recommended.

Cranio-sacral and AIS sessions are received while fully clothed. Please wear something loose-fitting and comfortable.

Make sure to take all of your jewelry off before a session!

How Often Should I Come?

Most people find once a week to be beneficial. However, others find that they respond better to the work if they have more time between sessions to settle in to the new changes happening in their body, so up to two weeks between sessions is ok. This really depends on the goals you have from your bodywork. Athletes looking to increase performance can benefit from upwards of two sessions per week.

It is not advised to receive treatments when ill, especially with any type of communicable illness. Please call us to reschedule in the case that you are ill.

Insurance Claims

We work with a third party processing company that can check with your insurance carrier to determine whether soft tissue therapy is covered under your particular plan. Please ask us about this and we will provide you with the requisite forms to fill out, after which we can check with your insurance benefits. It is quite possible that you have coverage, this really depends on your carrier and plan.

IF YOU HAVE BEEN INJURED IN AN AUTO ACCIDENT, please mention this as we are also able to bill this insurance for your services here.

We provide insurance billing as an option for our clients and can process the paperwork for you, however we cannot guarantee that you will have coverage. In the case that you do not, as a client you are responsible to pay the full session fee.

Physician Referral

A physician referral is generally not required in order to receive bodywork. After speaking with us and reviewing health history information a determination will be made prior to your session if a doctor's note is required. In the case of medical insurance billing, it is more likely that your insurance company will help cover the cost if you have received a script from your physician for soft tissue therapy.

NOTE: Bodywork **is not** a substitute for medical examinations and/or diagnosis.

It is recommended that you see a physician for a proper diagnosis of any physical ailment.

DIRECTIONS

If coming from the North or South:

First take the turnpike or I-95 to Southern Boulevard and go West. Then follow the directions here for "If coming from the East"

If coming from the East:

Take Southern west until you reach the light with Royal Palm Beach Boulevard. This is about 1 mile or so after the intersection with 441/SR7. After you pass the light with Royal Palm Beach Boulevard, stay on your right hand side lane. You will pass a hotel on the corner, called the Royal Inn. We are the building immediately after that, called the Farm Credit Building, and we are upstairs in suite 212.

If coming from West:

Take Southern blvd east, just past Forest Hill Blvd. About ¼ mile down the left, turn left into the Farm Credit Building. This is just BEFORE the light with Royal Palm Beach Blvd. If you reach the light, you will need to U-turn. The Farm Credit Building is just west of the Royal Inn Hotel. We are upstairs in Suite 212.

In home service is available upon request, depending on season, distance, and scheduling. There is an additional fee for in home service due to the travel time and additional expense involved. Currently in home service adds an additional **\$30** to the price of each treatment.

What services do we offer?

Structural Integration and Myoskeletal Alignment

Our specialty work is Structural Integration. This is a form of deeply transformational manual therapy that helps to re-align the body, improve postural alignment, enhance flexibility, breathing function, improve range of motion, and increase feelings of well being. Developed by Ida P. Rolf through her lifelong work studying the connective tissue of the body, working with Osteopathy and Yoga, this methodology was designed to improve the overall function of human beings by reducing physical stress in the body. By releasing deep tension patterns, compensations and restrictions, and helping the nervous system integrate the physical changes, Structural Integration affects the whole person. If you have had any accidents, injuries, traumas, physically demanding work, or intense emotional events there

may be holding patterns in your body that you are not even aware of. Structural Integration not only fosters awareness of these areas in your muscles and connective tissue, it helps you to release them permanently. Eventually the new balance in the body is a better alignment of the bones in gravity, leading to a lighter, more spacious and connected body. People often report feeling more vitality, reduced chronic stress, and an overall sense of increased energy.

Deep Tissue Therapeutic Massage

A typical full-body session will include work on your back, arms, legs, head, neck and shoulders. A light oil and/or massage cream may be used to permit muscles to be worked on without causing excessive friction to the skin. The session may start with broad flowing strokes which will help calm the nervous system and relax exterior muscle tension. As your body becomes relaxed, pressure may gradually be increased to relax specific areas and to relieve muscular tension. You should communicate to the therapist immediately if you feel any discomfort or pain. The therapist may also use therapeutic devices such as a heat pack to aid in your relaxation process.

We offer 30, 60 and 90-minute sessions. Many people prefer the longer sessions for optimal relaxation. Always allow unwinding time prior to and after your session. Since toxins are released from your soft tissue, it is recommended that you drink plenty of pure water following your treatment.

After a massage, most people feel very relaxed. Some experience freedom from long-term aches and pains developed from tension or repetitive activity. After an initial period of feeling slowed down, clients often experience increased energy, heightened awareness, and greater productivity which can last for days.

Active Isolated Stretching and Strengthening

A great way to improve your flexibility and strength in a short period of time and jump-start the results you would like to get in the gym. A great complement to our other services, AIS has been proven to help many professional athletes in performance and injury prevention.

Cranio Sacral-Therapy

A wonderful therapy to help you deeply relax and unwind, this therapy is often helpful to relieve a variety of conditions including chronic headaches, TMJ pain, chronic fatigue, chronic neck and back pain, and fibromyalgia.

Instructions for the Bodywork client

Before each session:

1. If your service is in the home, please have a fitted sheet and top sheet for a twin bed ready for the practitioner, and please find a quiet place in your house that affords you and the therapist privacy for the duration of your session. Having an uninterrupted session is vital for you to benefit the most from your investment in your health and well being.
2. Be sure to inform your therapist of any changes in your medical history since your last visit. This is especially important if you develop diabetes, circulatory or heart disease, have surgery, or become pregnant.
3. Eat only a light meal or come on an empty stomach. The treatments work better when they are not competing with digestion. Lying face down on a full stomach may be uncomfortable.
4. It is best not to consume stimulants such as coffee, soft drinks, or sugary substances within 2 hours prior to a session.
5. Relax and concentrate on breathing during your session. This increases the effectiveness of the work. Inform your therapist if you find you are holding your breath to try and tolerate pain on sore points of your body, which is an indication for the therapist to decrease pressure.
6. Remove all jewelry if possible before each treatment.

After each session:

1. Be sure to drink plenty of good clean water. This aids your body in recovering from the session and removing lactic acid.
2. Enjoy a hot 15 minute Epsom salt bath. Epsom salts are a natural muscle relaxant and detoxifier.
3. Some people feel energized while others feel like taking a nap. If so, you should lie down and rest. Give yourself time to experience the effects of the work. Sometimes your therapist may recommend that you do particular stretches, exercises, or even go for a walk. Please try your best to follow the suggestions, they will only help your work integrate better and give you more long lasting results.

The possible side effects of your session:

Any symptoms or tendencies already present may be accelerated or brought to the surface in the process of being energized, healed, and released, particularly with acute problems.

1. A previously undetected condition might surface – such as pain from gallstones you didn't know you had
2. Swelling of the lymph nodes as clearing of an infection is accelerated
3. Suppressed anger, irritation, or anxiety might surface
4. You may have more active dreaming, more intuitive thoughts
5. You may experience muscle soreness that may last up to 2 days, as if you had worked out
6. Some emotional traumas are stored in the body as tension, so treatment can release painful memories
7. There may be release of lactic acid, so please drink plenty of water to flush it out of your system
8. There may be tingling or burning sensations as circulation increases
9. You may experience fatigue and/or headaches

Most effects are noticeable within 24 hours. Many effects are subtle and cumulative, occurring after a series of sessions.

Thank you for choosing Back to Life as your source for top quality bodywork. We promise to offer your services that are effective and are tailored to your needs.

If you have any questions, ideas, or suggestions please bring them to our attention so that we may address them expediently.

To your health!!

Ari Globerman