

# Olopai's Clinical Massage Therapy

## Pre-Visit Instructions

Hi! I'm Jaylene. I'm excited to work with you and help you move toward real relief. Here's how to get the most out of your session:

### **Arrive a Few Minutes Early**

- Please arrive 5–10 minutes early to settle in.
- Late arrivals may shorten the session to respect the next client.

### **Hydrate**

- Drink water before your visit.
- Hydrated tissue responds better to bodywork.

### **Eat Light**

- Have a light meal 1–2 hours before your session.
- Avoid heavy meals right before you arrive.

### **Dress Comfortable**

- Wear comfortable clothing.
- You're welcome to change here if needed.

### **Fill Out Your New Client Form**

- Please complete your New Client Form before your first visit.
- This helps me tailor your session safely and effectively.

### **Communicate Your Goals**

- Let me know what you're feeling (pain, tightness, numbness, limited motion).
- During the session, tell me if pressure needs adjusting.

### **Please Avoid (Day Of)**

- Alcohol
- Arriving sick
- Hard workouts right before your appointment if you're already sore

Thank you for trusting me with your care.

*Refresh and Rejuvenate with Jaylene's Clinical Touch* 🌸