

WELCOME TO THE MASSAGE THERAPY SKILLS LAB

The Massage Therapy Skills Lab provides students with the opportunity to practice their skills in a supervised setting. Part of their learning experience involves interviews with and feedback from their “clients.” As a “client,” you will fill out a Confidential Health Information form before the massage and a Student Evaluation form after the massage. In order to receive this and future massages, you must agree to complete all paperwork during your visit before leaving.

Please be responsible for your appointments. If you arrive late for your appointment, your massage will be shortened by the amount of time you are late. This reflects the industry standard in which you purchase a block of time and are entitled to that time only, which allows appointments after yours to take place as scheduled. If you are habitually late, or miss two appointments without giving 24 hours notice or sending a replacement, we will ask you not to return.

The Lab facility is a large, open room that allows instructors and assistants to view the interactions between students and clients. The room temperature may be too warm or cool for you, although we try to maintain a comfortable temperature. Although these conditions are far from optimal, we hope our students provide you with a quality massage that makes it all enjoyable.

We encourage you to offer feedback during your massage session, especially if you feel uncomfortable with any aspect of the massage. You also can ask to speak with the Lab instructor at any time if you feel the need.

We strive for impartiality in scheduling all Lab massages, so we may not be able to fulfill your requests for a certain student or preference for a male or female.

Here are the procedures to follow during your visit to the Lab:

1. In order to provide massage to a wider range of “clients,” you may receive a maximum of 3 massages each semester, after which we will add you to a waiting list and call if an opening becomes available.
2. Please pay the Lab assistant in advance for your session. Make checks out to: Massage Therapy Program.
3. Please turn off your cell phone or set it to “vibrate” while in the Lab.
4. Sit in the waiting area and the assigned student will come to you.
5. Fill out the Confidential Health Information form the student gives you (you usually need to fill this out only once, before your initial massage. We’ll keep your CHI form on file for your future visits to the Lab).
6. The student will discuss your health form and help you decide on the following: whether you will be completely nude, partially clothed, or fully clothed for your massage (if you are nude or partially clothed, the student will drape you with a sheet to protect your modesty); whether you want oil, lotion, or no lubrication; what level of pressure you desire; what areas you most want massaged, and what areas you do not want massaged; etc.
7. The student will take you to a massage table, tell you where to change, demonstrate how you should wrap yourself in the sheet, and ask that you return with your socks or shoes and other belongings if you want them near.
8. We strive to provide a quiet, relaxed atmosphere in the Lab, so please limit any conversation during your session since it can be distracting to the students and other massage recipients.
9. After the massage, sit in the waiting area and fill out a Student Evaluation form. When evaluating your massage experience, please offer feedback that is as complete and honest as possible. Merely circling numbers on the Student Evaluation form isn’t very helpful for a student desiring constructive feedback.
10. Give the completed Student Evaluation form to the student who gave you the massage, or to the Lab instructor.
11. Students may accept tips if you want to show additional appreciation for their services.

| <u>FEE SCHEDULE</u> | <u>15 minutes</u> | <u>30 minutes</u> | <u>45 minutes</u> | <u>60 minutes</u> | <u>90 minutes</u> | <u>120 minutes</u> |
|----------------------------|--------------------------|--------------------------|--------------------------|--------------------------|--------------------------|---------------------------|
| Community Members | \$7.00 | \$13.00 | \$19.00 | \$25.00 | \$38.00 | \$50.00 |
| Faculty / Staff | \$5.00 | \$10.00 | \$15.00 | \$20.00 | \$30.00 | \$40.00 |
| Students | \$4.00 | \$8.00 | \$12.00 | \$15.00 | \$23.00 | \$30.00 |

Lab hours during Summer: Mondays 6 PM – 9 PM and Wednesdays 2 PM – 5 PM & 6 PM – 9 PM
 Lab hours during Spring and Fall: Mondays 6 PM – 9 PM and Fridays 9 AM – 12 PM & 1 PM – 4 PM

Thank you for your participation! To schedule another appointment, call 646-4232

Visit us on the web: www.mpc.edu/academics/physicaleducation/MassageTherapyProgram/Pages/default.aspx