

## Informed Consent for Therapeutic Massage of Chest and Breast and Other Vulnerable Areas

Your safety and comfort are of the utmost importance during your massage sessions at Aloha Flow. In order for me to give you the complete, holistic healing experience of what Kahuna massage and bodywork can do for you, the massage laws in WA state require that you give me *written consent* to give therapeutic massage on the chest and breast area (for all genders), and consent for whether or not you want to have your chest covered or uncovered during a massage session. You always have a choice. You can change your mind at any time. Please read fully below, sign, and then initial on the next page your specific permissions for today's session. (I have added other 'vulnerable areas' to the list for further comfort and clarity.)

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I, .....,  
consent to receive full body, therapeutic  
Kahuna massage from **Brenda Loukes  
Johnson LMT**, with the specifications  
listed and initialed on the next page. I am  
aware the intent of this session is never  
sexual.

**I am aware that I have the right to:**

- request the massage to be given through a drape at any time, for any reason
- bring a witness with me to stay in the room with me while I receive massage
- discontinue any part of the massage, or the entire massage session, at any time and for any reason, by using my voice and asking Brenda to stop or change the massage approach.

Signature: .....

Today's date:.....

***As human beings, we feel different every day. Some days when you come for a massage, you will feel like you need nurturing and closing in, while other days, you will feel like being opened up and expanded. So, you can choose each time you come in, what will be best for you on that day.***

### Why would you want to have breasts massaged?

**Including the chest and or breasts, and belly, in a massage is a big step for many people.** Often these areas are left out in regular massages.

Once these areas have been massaged and included as a natural part of the whole body, people say they feel 'complete', 'more normal', 'more whole.' This can bring about emotional and physical healing, as we open up the heart space and facilitate deeper breath. The breath seems to flow more easily, and tightness in the chest releases, which calms the nervous system and decreases anxiety.

### The Therapeutic Rationale for Breast and Chest Massage:

There are many therapeutic benefits, including, but not limited to: providing support for breathing, circulation (blood & lymph), posture, lactation, the immune and nervous systems. This work is also used to treat neck, rib or shoulder injuries, to mobilize scar tissue, and to prepare for and/or recover from surgery in the chest area, especially for mastectomies, reconstructive surgery, and reductions or augmentation.

**There is never any pressure to receive breast/chest massage, but I always do a little work in the area,** covered or uncovered, according to the written, signed consent you give me on the next page, every time you come for massage.

**You can choose:**

- **A) Covered chest massage** is done with breasts covered by the cloth. Focus is on muscle attachments at the sternum and on the ribs. Soft breast tissue is mostly, though not totally, avoided.
- **B) Partial chest/breast massage** is done with chest and breast uncovered. Sternum, chest wall and breast tissue is massaged; nipples and areolas are avoided as much as possible.
- **C) Full chest/breast massage** is done with chest and breast uncovered. This includes the full chest, breast tissue, nipples and areolas, which are all included in broad flat strokes, making everything feel like the natural part of the body that they are, instead of separate entities that often get left out in a massage.

At each session you will be given this form to initial your permissions for that session.

Remember, these can be changed in the moment at any time during your massage session. Just say so.

**You are in charge.**

Which vulnerable areas do you feel comfortable to have massaged *today*, and what kind of chest covering feels best for you *today*:

Please initial all the areas that I have permission to massage today.

| DATE | I GIVE PERMISSION FOR MASSAGE OF SOFT TISSUE ON: |  |   |       |            |           | MY CHEST DRAPING PREFERENCE: |  |   |
|------|--|--|---|-------|------------|-----------|------------------------------|--|---|
|      | A) Covered chest - Work thru the cloth           | B) Partial chest / breast – work on the skin; nipples, areolas avoided | C) Full chest/ breast - work on the skin; nipples, areolas included | belly | pubic bone | tail bone | Chest Always covered         | Chest uncovered while chest/ breasts, belly are massaged | Chest covered when working on the belly |
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Full Name and Signature

date of first massage session