



Kahuna Massage and Bodywork with Brenda Loukes-Johnson LMT Client Information And Release Waiver

Kahuna bodywork is a commitment to your wellbeing. It is a powerful journey of healing through release and restoration. The massage affects each person differently, and each time you receive a massage, your body may respond differently. During the session and in the days following a massage, you might experience a range of emotions and physical sensations. Simply observe your emotions without getting caught up in them and let them flow. This is your space to let go, so that you can restore balance and get deep rest after release. The healing/cleansing effects and re-balancing of the body-mind can be felt for weeks after the treatment.

It is important to drink plenty of water after a massage, and an Epsom salt bath is highly recommended.

DRAPING / COVERING and YOUR PERSONAL MODESTY AND COMFORT FOR FULL BODY KAHUNA MASSAGE WITH OIL:

It is a priority that both you and I feel comfortable and relaxed during the session.

Traditionally, Kahuna Massage (Temple Style Lomi) drapes the body with less covering than the normal western massage styles. What makes Kahuna Massage unique, and very effective, is the long, flowing strokes that treat the muscles of your neck, back, arms, hips, glutes, legs and feet and toes as one integrated group of muscles. The strokes flow up and down the body in a wave-like motion. A cloth (sarong) is usually used as a modesty covering (instead of a sheet), with the pubic and buttock areas *always covered*. Please note that draping can be adapted in any way, at any time, to make you feel more comfortable. Please speak up.

Level of Undress:

It is of the utmost importance that you feel safe and secure. So this is a choice that is up to you and your level of comfort. You are welcome to keep your underwear, or any item of clothing, on for the massage.

For **Kahuna massage full body oil** massage, the strokes of the massage flow from head to toe and up the side of the body, and your underwear will likely end up getting oily, so I recommend removing all underwear, but it is not necessary and will not impede the flow. Remember that you are always modestly covered and kept feeling safe AT ALL TIMES during the session, and you can change your mind at any time during the session.

You will give me signed consent regarding your level of comfort before the session (on the form below).

For the Floor Treatment (on the table or floor), or the Bonewashing Skeletal massage, we usually work fully clothed, but these treatments can also be integrated into the full body Kahuna oil massage, without clothing.

Each time you come for a session, we will discuss how you are feeling on that day and what your preference is.

Type of Drape:

Traditionally for the Kahuna massage, you will lie directly on top of an impermeable, clean massage table cover, and be covered with a sarong(cloth). There is no sheet under your body. This is so that I can work under your body with ease. This is another unique stroke that makes Kahuna massage so effective. The rationale is that the body weight of the person

provides the perfect depth, and the warmth of a hand under the body is very soothing for the nervous system. It feels very nurturing for the body.

If you prefer: We can use full sheets on both the bottom and the top, as in most western massage modalities, if that makes you feel more at ease. Let me know what's best for you.

BREAST AND CHEST WORK PERMISSIONS:

Traditionally in Lomi lomi and Kahuna massage, breast and chest work is often used to soften the intercostal muscles and facilitate deeper breathing, and to open up energy blocks in the heart area. This can be done covered, or not. It will be used intuitively, and in line with the consent you give me at each session on the following form:

Please fill in the form on the next page.

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.)

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 prefer to 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*:

To indicate YES to the chosen permission, please initial in the block below it. In the first block fill in the date of the session for which you are giving permission, then choose what type of permission you are giving me and initial under that block.

Date of session	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 are avoided	C)Full chest/ breast - work on the skin; nipples & areolas are included	belly	pubic bone	tail bone	Chest I am comfortable with my chest uncovered for the whole time.	Chest uncovered while chest/ breasts, belly are massaged, covered for the rest of the massage	Chest covered when working on the belly

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Full Name

Indemnity

You need to know that:

I am not a doctor.

I do not practice medicine.

I do not diagnose or treat for a specific illness.

I do not prescribe or adjust medication.

Massage is not a substitute for medical treatment, but is a complement to most types of therapy.

All information disclosed in this form is confidential.

Release Waiver

By signing this release, I understand that the services offered by Brenda Loukes Johnson at Aloha Flow are **not a substitute for medical care**. I also understand that this is a holistic massage, it is never sexual, and no inappropriate sexual comments or behavior will be tolerated.

By signing this form, I give my consent to a Kahuna Bodywork and Massage therapy session. **I understand that if anything feels uncomfortable or I feel uneasy at any time, I can ask Brenda to stop and adjust the massage, or I can end the session at any time. I understand, too, that I am entitled to have a witness present during my massage session, if I feel that it is necessary for my safety.**

If I have been diagnosed by a licensed health professional as having any disease, injury or other physical or mental condition, I understand that I should inform the person who made the diagnosis about the bodywork session I will be receiving. By signing this release, I hereby waive and release Brenda Loukes Johnson LMT, and any licensed therapist working with her, from any and all liability, past, present and future relating to massage therapy and bodywork.

Name:

Signature:

Date: