

Customized Massage For Your Health

Medical Massage Package - one (1) intake and assessment session
and four (4) treatment sessions with supportive lifestyle coaching



To: _____

From: _____

Restored by Touch Massage and Wellness

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WWW.RestoredByTouch.com

106 Boston Ave, Ste 203, Altamonte Spring; By Appointment only (407) 610-7435

MA#55130, MM26405 GC# 549-to be activated, Exp \$810 value never expires, No refunds or replacements.

### Intake and Evaluation

general overview of health history & assessment of pain patterns  
preliminary discussion of health overview and general care plan  
Bring something to record notes. Wear stretchy loose comfortable clothing for easier assessment.

### Each Treatment Session

Body Awareness Chart – brief update on treatment results & lifestyle changes  
Customized hands-on treatment up to 1.5 hours  
Brief lifestyle coaching related to muscle health (bring something to record notes)

### Lifestyle Support

Unlimited email access throughout  
Follow up calls from therapist as warranted  
Educational emails as necessary for healthy lifestyle support

### Option to extend package rates as needed for possibilities of

- more treatments for complicated cases like scoliosis or other chronic disorders
- wellness consult session when more guidance needed than brief MM session coaching

Sincerely,

*Carole Suzanne*

Carole Suzanne Jackson, BS, MA, LMT, NCTMB

*Restored by Touch Massage and Wellness*

407 – 657-3755

www.RestoredByTouch.com



www.ncbtmb.org



www.amtamassage.org