



Within Balance

Massage Therapy Surrounding Birth

What to expect when you book a massage with Deanne Falzone:

When you're ready to make an appointment, click on the MassageBook tab. This HIPAA compliant platform allows you to create an account, reserve an appointment, and pay with any of the following options: VISA, Master Card, American Express, Discover, Health Savings Account and Flexible Spending Account. Receipts are available for all clients, especially for those wishing to submit expenses to their personal insurance. I do not accept insurance payments at this time.

When booking your appointment through MassageBook, first time clients will have an "optional notes section" to share specific information. For my part, please share parking tips as this will help when I'm unloading my equipment into your home.

After your appointment is confirmed, MassageBook will prompt you to complete a client intake. This detailed form is the starting point of our massage therapy session. For returning clients, please revisit your intake form and be sure to let me know of any updates. If you're experiencing any complications or contraindicated conditions, you will need a medical release form completed by your perinatal healthcare provider before your appointment. See the medical release question on the FAQ page for further information.

On the day of your appointment, please prepare an area that measures at least 6' x 10' to accommodate my massage table. If you have a multi-level home, the main floor is preferred. After I set up my equipment we'll review your client intake form, understand your goals for your session, and create a plan for your massage. Next, I will leave the massage table area allowing you to undress to your level of comfort and get positioned on the table. When you are ready, I will re-enter the space and your massage will begin. When the massage is finished and you are dressed, we will have a brief check-in time. I will then sanitize all equipment, pack up, and depart.

Our time together will last approximately 2.5 hours (15 minute set-up, 15 minute intake, 90 minute message, 15 minute check-in, 15 minute pack up.)