



## HANDS ON HEALING

Dear

I am looking forward to seeing you on \_\_\_\_\_ at \_\_\_\_\_ .  
For your evaluation and treatment please wear loose, comfortable clothing. I have patient attire available in the office if you prefer.

The initial evaluation and treatment is \$100.00. Subsequent 60 minute treatment sessions are \$85.00, and 90 minutes are \$115.00. Payment is expected at the time of service. In order to keep my rates reasonable I prefer payment by either check or cash. I will also accept credit or debit cards.

Typical sessions are one hour and will be tailored to your condition and needs. All of your sessions will be with me, which ensures consistency of care. Treatment can be used for specific problems, generalized improvement in comfort and ease of movement, postural and ergonomic consultation, or specific exercise prescription. Structural massage therapy is available with attention to target areas you indicate or allow me to discern. I provide written directions and illustrations so you can keep the benefit of each session and continue to improve on your own between my treatments.

I do not accept or participate in any insurance coverage. I will upon request provide a receipt with the necessary codes that might be required for reimbursement if you wish to file on your own. You may pay with a check from a health savings account (HSA) or be reimbursed through a flexible spending account.

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### **DIRECTIONS TO MY OFFICE**

Because GPS can be misleading, I am providing you the directions below:

***From I-40:***

***From the South:***

I-40 to 26 West / 70 West / US-19 N/ 23 N toward Weaverville

Take EXIT 21 toward Weaverville / New Stock Rd.

Turn right off of EXIT 21 and make the next left onto Weaverville Rd.

Go 0.4 miles on Weaverville Rd. and look for #670 on the left

The building is Stony Knob Commons, just south of Stony Knob restaurant

***From the North:***

26 East / 70 East / US-19 S / US-23 S toward Asheville

Take EXIT 21 toward Asheville / New Stock Rd.

Turn left off of the exit onto New stock Rd.

Make the next left onto Weaverville Rd.

Go 0.4 miles on Weaverville Rd. and look for #670 on the left

The building is Stony Knob Commons, just south of Stony Knob restaurant