

NISSA TROLLOPE, R.M.T.  
Registered Massage Therapist, Empowerment Life Coach,  
Reiki Master Teacher, Meditation Teacher, Sixth Sensory Practitioner  
39 Ravine Ridge Way, London, ON., N5X 3S7, Canada, 519 520 5760  
[nissatrollope@yahoo.ca](mailto:nissatrollope@yahoo.ca), [www.nissatrollopemassage.com](http://www.nissatrollopemassage.com)

## WELCOME

Hello, I am grateful for your desire to heal yourself. Thank you.

I have been passionately practicing the healing arts since 1997 when I graduated from the Okanagan Valley College of Massage Therapy in beautiful British Columbia. My unwavering interest in helping people heal themselves has led me to taking many post graduate complementary courses including:

Myofascial Release, CranioSacral Therapy, Advanced Trigger Point Therapy, Muscle Energy of the Cervical, Thoracic and Lumbar Spine, Neuromuscular Therapy, Scapular Stretch and Rotator Cuff Release, Esalen Deep Tissue, Manual Lymph Drainage, Acupressure, Ethics and Boundaries, SomatoEmotional Release, Reiki, Intuition and Channelling Higher Wisdom, Meditation, and Sixth Sensory Certification with Sonia Choquette and CTI Coach Training Program.

I also have experience in:

Communication Skills, Singing Bowl Sound Healing, Toning, Tuning Forks Healing, Tapping, Meditation, Shamanic Healing, Inner Child Work, Yoga, Qi Gong, Manifesting, Spirituality, and many other forms of Mind, Body and Spirit Healing.

**PLEASE READ THE DESCRIPTIONS OF EACH THERAPY AND THEN CHOOSE THE ONE THAT WILL SERVE YOU BEST: 1) MASSAGE, 2) REIKI, OR 3) HOLISTIC HEALING**

1) REGISTERED MASSAGE THERAPY:

- 1 hour \$105
- 75 minutes \$130
- 90 minutes \$155
- 105 minutes \$180
- 2 hours \$205

I, \_\_\_\_\_ give consent to Nissa Trollope, R.M.T. to provide me with massage therapy. I am aware that I can terminate massage therapy at any time. I am also aware that although massage therapy can be a great health benefit to me, it can also have potential side effects such as increased discomfort in an area which should subside in a few days. Nissa Trollope, R.M.T. is available to answer any questions that I may have regarding massage therapy.

An accurate health history is important to ensure that it is safe for me to receive massage therapy and if my health status changes in the future, I will advise Nissa. All information gathered for this treatment is confidential, except as required or allowed by law or except to facilitate diagnosis (assessment) or treatment. I will be asked to provide written authorization for release of any information.

I understand that 24 hours cancellation notice is needed to avoid being charged for my appointment.

I agree and understand the above and would like to proceed with the assessment and massage therapy.

\_\_\_\_\_  
Client Signature

\_\_\_\_\_  
Date

\_\_\_\_\_  
Therapist Signature

NISSA TROLLOPE, R.M.T.  
Registered Massage Therapist, Empowerment Life Coach,  
Reiki Master Teacher, Meditation Teacher, Sixth Sensory Practitioner  
39 Ravine Ridge Way, London, ON., N5X 3S7, Canada, 519 520 5760  
[nissatrollope@yahoo.ca](mailto:nissatrollope@yahoo.ca), [www.nissatrollopemassagetherapy.com](http://www.nissatrollopemassagetherapy.com)

## 2) REIKI HEALING THERAPY:

Reiki can be traced back many thousands of years to India and Tibet. Dr. Mikao Usui is the founder of the Reiki System of Healing.

Reiki is spiritually guided life force energy and is a gentle, non-invasive process that heals on all levels: physically, mentally, emotionally and spiritually. Reiki guides itself with its own wisdom, rather than requiring the direction of the practitioner.

Your treatment will include above the body and laying on of hands to facilitate the release of blocks and balance your energy field. It is simple, easy and safe, promoting within you the qualities of loving, caring, growing, compassion, trusting, self actualizing, goodwill, wholeness, peace and serenity: always working for the greatest and highest good.

Reiki can be used with other healing therapies and will enhance these but is not dependent on them. Some benefits include: calms, soothes and relaxes, reduces pain, speeds the healing process, strengthens the immune system, assists you in making decisions with focus and clarity, assists you in getting to the root cause of challenges, supports you in removing blocks and obstacles to bring resolution and new direction, and complements medical treatment and alternative therapies.

I am not here to heal you, decipher the messages or to fix you - but to create a safe space for you to heal and empower your whole being. May you heal in whatever way is always for your greatest and highest good.



1 hour \$105



75 minutes \$130



90 minutes \$155

I, \_\_\_\_\_ give consent to Nissa Trollope, R.M.T. to provide me with Reiki healing. I am aware that I can terminate Reiki healing at any time. I am also aware that although Reiki can be a great health benefit to me, it can also have potential side effects such as increased discomfort mentally, emotionally, physically or spiritually, which should subside in a few days. This discomfort is an opportunity for me to pay attention and open inside to any insights that may be of value to me now. What is it trying to tell me about myself? Is it an opportunity for me to give myself permission now to heal and grow from my past so that I can move on? Nissa is available to answer any questions that I may have regarding the holistic healing therapy.

An accurate health history is important to ensure that it is safe for me to receive a Reiki healing treatment and if my health status changes in the future, I will advise Nissa. All information gathered for this treatment is confidential, except as required or allowed by law or except to facilitate diagnosis (assessment) or treatment. I will be asked to provide written authorization for release of any information.

I understand that 24 hours cancellation notice is needed to avoid being charged for my appointment.

I agree and understand the above and would like to proceed with Reiki healing.

\_\_\_\_\_  
Client Signature

\_\_\_\_\_  
Date

\_\_\_\_\_  
Therapist Signature

NISSA TROLLOPE, R.M.T.  
Registered Massage Therapist, Empowerment Life Coach,  
Reiki Master Teacher, Meditation Teacher, Sixth Sensory Practitioner  
39 Ravine Ridge Way, London, ON., N5X 3S7, Canada, 519 520 5760  
nissatrollope@yahoo.ca, [www.nissatrollopemassagetherapy.com](http://www.nissatrollopemassagetherapy.com)

### 3) HOLISTIC HEALING THERAPY:

Holistic healing therapy is unlike a typical massage in that it facilitates self healing of your mind, body, emotions, and spirit. Each session is fluid, dependent on your needs and will include one or more of the following healing methods:

Reiki, Massage Therapy, Intuition and Channelling Higher Wisdom, Meditation, Guided Imagery, Breathwork, SomatoEmotional Release, Sixth Sensory, Tibetan bowl sounding, toning, tapping, angel work, animal guides, spirit guides, affirmations, manifesting, inner child work, clearing and therapeutic dialogue.

Tension is commonly found at seven specific locations along the midline of the body (see diagram) called chakras. Please put stars beside the phrases that resonate the strongest to you.

**7th Crown Chakra**- "Fear of not understanding why."

**6th Third Eye Chakra**- "Fear of not knowing why."

**5th Throat Chakra**- "Fear of expressing thoughts and feelings; fear of commitment, assertion and confrontation."

**4th Heart Chakra**- "Fear of heartache, sadness, and grief; fear of receiving love or self-love."

**3rd Solar Plexus Chakra**- "Fear of letting go of control; fear of change, and expressing anger and frustration."

**2nd Creativity/Sexuality Chakra**- "Fear of expressing oneself creatively and emotionally."

**1st Root Chakra**- "Fear of security, change, and the body."



With respect to your boundaries and comfort, please mark an "X" over the areas on the diagram above that you DO NOT CONSENT to be touched and CIRCLE the areas that you DO CONSENT to be touched.

I am not here to heal you, decipher the messages or to fix you - but to create a safe space for you to heal and empower your whole being. May you heal in whatever way is always for your greatest and highest good.

- 1 hour \$155
- 75 minutes \$193
- 90 minutes \$230
- 105 minutes \$268
- 2 hours \$305

I, \_\_\_\_\_ give consent to Nissa Trollope, R.M.T. to provide me with holistic healing therapy. I am aware that I can terminate holistic healing therapy at any time. I am also aware that although holistic healing therapy can be a great health benefit to me, it can also have potential side effects such as increased discomfort mentally, emotionally, physically or spiritually, which should subside in a few days. This discomfort is an opportunity for me to pay attention and open inside to any insights that may be of value to me now. What is it trying to tell me about myself? Is it an opportunity for me to give myself permission to heal and grow from my past so that I can move on? Nissa is available to answer any questions that I may have regarding the holistic healing therapy. Con't next page...

NISSA TROLLOPE, R.M.T.  
Registered Massage Therapist, Empowerment Life Coach,  
Reiki Master Teacher, Meditation Teacher, Sixth Sensory Practitioner  
39 Ravine Ridge Way, London, ON., N5X 3S7, Canada, 519 520 5760  
[nissatrollope@yahoo.ca](mailto:nissatrollope@yahoo.ca), [www.nissatrollopemassagetherapy.com](http://www.nissatrollopemassagetherapy.com)

An accurate health history is important to ensure that it is safe for me to receive holistic healing therapy and if my health status changes in the future, I will advise Nissa. All information gathered for this

treatment is confidential, except as required or allowed by law or except to facilitate diagnosis (assessment) or treatment. I will be asked to provide written authorization for release of any information.

I understand that 24 hours cancellation notice is needed to avoid being charged for my appointment.

I agree and understand the above and would like to proceed with the assessment and holistic healing therapy.

---

Client Signature

---

Date

---

Therapist Signature