

General Information		
Name: (Last)	(First, MI)	
Street Address:	Phone Numbers: (to confirm appointments) Home:	Can we text you? <input type="checkbox"/> YES <input type="checkbox"/> NO
City, State and Zip	Cell: Work:	
Email Address: (please print clearly – we ask for it so we can email you receipts and a \$5.00 off birthday coupon during your birthday month)	Date of Birth: (MM/DD/YEAR)	
What is your occupation?	Please describe your work: (so we'll know how it affects daily stress to your body)	
Emergency Contact Information Name: Relationship: Phone number:	How did you hear about us? (if referred by another client, please let us know who we can thank for the referral.)	

Concerning your visit here today
Is this your first massage? <input type="checkbox"/> YES <input type="checkbox"/> NO
If not, when was your last one? _____
How often do you receive massages? _____
Any special attention areas? (i.e. restricted movement, general soreness areas): _____
Results you would like you achieve today or over time: _____

General Health Questions
Do you currently have cold/flu symptoms? <input type="checkbox"/> YES <input type="checkbox"/> NO
Are you currently under a health practitioner's care for a specific illness or injury? <input type="checkbox"/> YES <input type="checkbox"/> NO
Has physical, occupational, or massage therapy been administered for any condition? <input type="checkbox"/> YES <input type="checkbox"/> NO
Any accidents or injuries that have gone untreated? <input type="checkbox"/> YES <input type="checkbox"/> NO
Do you have body piercings? <input type="checkbox"/> YES <input type="checkbox"/> NO If yes, where are they located and how old are they? _____

General Health Questions Cont. - please indicate any conditions you had or currently have		
<input type="checkbox"/> Any cuts, bruises, or open wounds <input type="checkbox"/> Any rashes or skin conditions <input type="checkbox"/> Shingles <input type="checkbox"/> Any allergies <input type="checkbox"/> High blood pressure <input type="checkbox"/> Low blood pressure <input type="checkbox"/> Taking blood pressure meds <input type="checkbox"/> Heart condition <input type="checkbox"/> Circulatory condition <input type="checkbox"/> Phlebitis <input type="checkbox"/> Blood clots <input type="checkbox"/> Taking blood thinners	<input type="checkbox"/> Easily bruise <input type="checkbox"/> Dislocations <input type="checkbox"/> Broken/fractured bones <input type="checkbox"/> Osteoporosis <input type="checkbox"/> Current sprains or strains <input type="checkbox"/> Arthritis <input type="checkbox"/> Bursitis <input type="checkbox"/> Any numbness/tingling <input type="checkbox"/> Recent surgeries <input type="checkbox"/> Asthma <input type="checkbox"/> Cancer <input type="checkbox"/> Women: pregnant or trying Due date: _____	Is there anything else we should know about? _____ _____ _____ _____ _____ _____ _____
		Policies & Disclaimers → → →

By booking an appointment, you acknowledge these policies and agree to support our efforts to maintain a calm, respectful, and welcoming environment that respects everyone's time. Thank you!

General Policies:

- **First-time visits:** If this is your first massage therapy appointment, the therapist will thoroughly explain the session length, draping procedures, your role, what to expect during treatment, and will answer any questions during or after the session. For questions or to request accommodations, contact the office when booking.
- **Post-massage alcohol:** Drinking alcoholic beverages after a massage may heighten the effects and is not recommended.
- **Confidentiality:** Client information is kept confidential and will only be released with your authorization.
- **Payment:** Payment is due when services are rendered unless prior arrangements have been made.

Cancellation Policy:

A 50% late-cancellation/no-show fee applies. We require a valid debit or credit card to be kept on file when you book. For appointments booked more than 24 hours in advance, your card will only be charged if you cancel with less than 24 hours' notice or fail to attend. For appointments booked within 24 hours of the start time, your card will only be charged if you cancel with less than 3 hours' notice or fail to attend. Please note: Clients with a past-due balance must clear that balance prior to rebooking.

Rescheduling Policy:

To avoid cancellation fees, notify us at least 24 hours beforehand for appointments booked more than 24 hours in advance, and at least 3 hours beforehand for appointments booked within 24 hours.

Inappropriate Behavior Policy:

Harassment, sexual advances, or any inappropriate behavior toward staff will not be tolerated. If a client behaves inappropriately, the therapist has the right to end the session immediately and the client will remain responsible for the full cost of the appointment.

Hygiene Policy:

To keep our space calm and comfortable for everyone, we kindly ask clients to avoid strong scents (like perfume, cologne, cigarette smoke, or recreational smoking products) before appointments. Some of our clients and staff are sensitive to fragrances, and your cooperation makes a difference. For everyone's comfort, we also encourage arriving fresh and clean so we can provide the best care possible.

Medical Disclaimer:

- Massage therapy is an important component of physical and mental well-being, but it is not a substitute for a physician's care. Information provided during a massage session is

educational and intended to help you become more aware of your health; please use it at your own discretion.

- Because massage may be inadvisable for certain medical conditions, you affirm that all known medical conditions have been disclosed to the therapist, that you have answered all questions honestly, and that you will inform the practitioner of any changes to your medical profile. You understand that withholding or misrepresenting medical history may put your health at risk; in such cases you assume full responsibility and release the therapist and the business from liability.
- Our therapists do not diagnose or treat medical conditions. Their primary goals are pain relief and relaxation. Please consult your physician before booking a massage for an underlying medical condition, injury, or if you are pregnant, have had recent surgery, or have any concerns that might affect treatment.