

A Little Time For You Therapeutic Massage Client Questionnaire

Today's Date: _____ Date of Birth: _____

Name: _____

Gender: _____

Address: _____

Phone Number: _____

Email: _____

Referred by: _____

Occupation: _____

How often do you receive massage? _____

Reason for therapeutic massage (main focus for massage): _____

What, if any, treatment have you had for this condition? _____

Is there anything that makes your condition better or worse?

Allergies/Skin Sensitivities? _____

Have you had recent surgery or surgery the massage therapist should know about?

Please provide the following if you feel it is relevant to your massage:

Name of Medical Doctor _____ Phone Number _____ Information release Y or N _____

Name of Chiropractor _____ Phone Number _____ Information release Y or N _____

Name of Therapist/Psychologist/Psychiatrist _____ Phone Number _____ Information release Y or N _____

Emergency Contact

Name _____ Relationship _____ Phone Number _____

Desired Massage Pressure

Deep/Stress Release _____ Moderate _____ Light _____

Please use the space below to provide relevant information regarding your health, i.e. conditions you may be currently suffering from and the treatments and past conditions that may be relevant to your massage today. (Arthritis, Cancer, poor circulation, HIV/AIDS, dizziness, high blood pressure, abuse survivor etc.).

What you can expect in a professional massage:

- A safe and professional environment and approach; to be treated with respect.
- To have privacy while undressing and dressing; to be draped except for the area receiving work.
- To be accepted without judgment; to be able to stop the therapy at any time.
- To be listened to carefully; to talk or not to talk.
- To have control over how much pressure is used.

Basic Policies:

- Please observe good personal hygiene practices and arrive to your appointment as fresh as possible.
- Abstain from using drugs or alcohol prior to your session as these are contraindicated for massage (massage should NOT be performed).
- Please turn off (or silence) all cellphones and personal electronic devices. **(This is optional, however for your comfort)**
 - Clients are responsible for all personal belongings; A Little Time For You assumes no liability for missing items.
- Please fill out the intake form thoroughly upon arriving as some medical conditions may be exacerbated by massage therapy. If your massage therapist is unaware of a preexisting condition that may be contraindicated for massage, they cannot adjust their session to reduce the risk to your health. Please note, we observe strict confidentiality of all client health information.
- We reserve the right to refuse service to any customer for violating any of the above or for any other reason deemed appropriate by management.

General Policies:

- The massage services offered at the A Little Time For You are strictly for therapeutic purposes. Any overtly sexual behavior, advances, or comments will result in an immediate termination of the session, a full charge for the session regardless of completion, blacklisting from attending future A Little Time For You sessions and legal action as/if appropriate.
- Massage is not a replacement for professional medical care! Massage therapy is intended to promote relaxation, reduce stress, and help to alleviate localized muscular tension. Massage therapists are not able to diagnose, prescribe for or treat any medical conditions and are not capable of providing medical advice. All medical questions should be directed to your primary care provider.
- Any client under 18 years old is required to have a parent/guardian present in the massage area for the duration of the massage.

Business Policies:

- A Little Time For You observes a 24-hour cancellation/reschedule policy. If a cancellation or reschedule is made less than 24 hours and up to 1 hour prior to the start of the session a \$30.00 fee will be assessed. Any cancellations or reschedules made less than 1 hour prior to the start time of the session will be charged the total session rate.
- Your session may be cancelled if you are 15 minutes or more late and have not called to alert A Little Time For You and will be considered a "No-show".
 - "No-shows" for appointments will be charged the total fee for their scheduled session.
 - A valid credit card may be requested to reserve an appointment.
- In the event that your massage therapist is unavailable, we will try our best to accommodate your session at another time at a discounted rate to be determined by Milvette Betancourt.
- Massage sessions will begin and end promptly at the scheduled times. If you are late, you are still responsible for the entire fee for your session.

Client Agreement: I understand that my massage will be given by a licensed massage therapist. I acknowledge and confirm I have provided all relevant medical and general information on this form. I acknowledge that I have read all of A Little Time For You Therapeutic Massage's policies and agree.

Date _____

Signature _____