

Massage Treatments

Massage is the manipulation of muscle and connective tissue to optimise function, stimulate lymphatic drainage and blood circulation, aid healing, bring about relaxation, well-being and promote the natural healing potential of the body. It may be applied using the hands, fingers, elbows, and forearm. As a massage practitioner, I use massage and many other different mediums to assist the body to stay balanced and promote its own ability to heal itself. Here, all our massages are performed lying on a massage table or sitting in a massage chair. The client may be partially unclothed and all parts of the body not being worked on will be covered by towels or sheets. Massage practitioners are not medical doctors and may not diagnose, prescribe or alter any current medication being taken by their clients. I am not a medical doctor. If you have a serious or specific medical issue, you are advised to seek medical intervention.

Name:			
Email:		Occupation:	
Cell phone number:		Landline:	
Date of Birth:	Current age:	Male <input type="checkbox"/>	Female <input type="checkbox"/>
Address:			
Emergency contact person (name and phone):			
Doctor (name and phone):			
Status (Mark with x)		Children	Age
Single			
Married			
Other			
Bowel movement (Mark with x)		General diet (Mark with x)	
Good (every day)		Good (balanced)	
Fair (every second day)		Fair (irregular eater)	
Poor (once a week)		Poor (junk food etc.)	
Menstrual Cycle:		Regular date <input type="checkbox"/>	Irregular date <input type="checkbox"/>
			Not applicable <input type="checkbox"/>
Medical History (Mark where applicable with x)			
Any abnormal growths (e.g. cancers or tumours) &/or radio/chemotherapy (within 6 months) (medical permission granted)		Hyper-sensitive skin caused by wind, sun, cold, chemicals etc.	
Allergies (specify types)		Hysterectomy (indicate partial or full)	
Anaesthetics (local or general within 6 months)		Kidney ailments (please indicate)	
Dental implants		Liver ailments (please indicate)	
Any conditions where pus is present		Major illnesses (within 6 months)	
Any viral, bacterial or fungal infections/disorders (indicate)		Major surgery (within 6 months)	
Asthma		Metal plates/pins	
Blood pressure – high or low (indicate)		Migraines/headaches	
Broken bones, brittle bones, osteoporosis/dislocation (indicate)		Nervous disorders	
Cardiac (heart) problems/conditions		Recent or old injuries currently being treated	
Circulation problems (diabetic, slow healers)		Respiratory ailments	
Contact lenses		Rheumatism or arthritis (indicate)	
Acute inflammation e.g. cuts, abrasions, scars, delicate skin etc.		Skin conditions, e.g. psoriasis, eczema, dermatitis etc	
Diabetes (slow healer, cold hands/feet, leg ulcers)		Spastic colon/other gastric conditions	
Eating disorders		Swollen or bruised areas	
Epilepsy		Tattoos/permanent make-up	
Hearing aids		Thyroid issues/ailments/diseases	
Varicose veins, thrombosis or any other circulatory disease		Heartburn	
Hormonal problems		X-ray	
Recent/current Head Injuries		Severe bladder or kidney infections	
Wounds or Unhealed Scars/internal injuries		Muscle spasms	
Glandular Obesity		Muscular/skeletal pain (indicate)	
Lymphatic disorders		Muscles warm to touch	
Injury-related loss of motion (indicate gradual / sudden onset)		Numbness	
Pregnant/suspected pregnancy		Prostate issues/ailments	
Other medical / non medical conditions			

