

# ZEN MESSAGE - CLIENT INFORMATION

NAME: \_\_\_\_\_ TODAY'S DATE: \_\_\_\_\_  
ADDRESS: \_\_\_\_\_ HEIGHT: \_\_\_\_\_ WEIGHT: \_\_\_\_\_  
\_\_\_\_\_  
TELEPHONE: \_\_\_\_\_ DOB: \_\_\_\_\_ OCCUPATION: \_\_\_\_\_  
EMAIL: \_\_\_\_\_ EMERGENCY CONTACT: \_\_\_\_\_  
HOW DID YOU HEAR ABOUT ZEN? \_\_\_\_\_

Although these questions may seem extensive, please answer honestly to help your therapists give you the best possible session. Massage therapy is a holistic therapy that affects all parts and systems of the body, not just the skin. All information will remain confidential.

Have you ever had a professional massage before? \_\_\_\_\_ When was your last massage session? \_\_\_\_\_  
Within the past year, have you been under the routine care of a health provider(s) including chiropractor, physician, alternative practitioner, psychotherapist, etc.? \_\_\_\_\_ For what? \_\_\_\_\_ Name of practitioner: \_\_\_\_\_

**\*Circle any areas of stress, pain or discomfort on the image below.**

Please describe any significant bodily injuries that you can remember, and when they happened (accidents, sprains, broken/fractured bones, physical abuse, other):

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

List areas of the body that you **DO NOT** wish to be worked on?

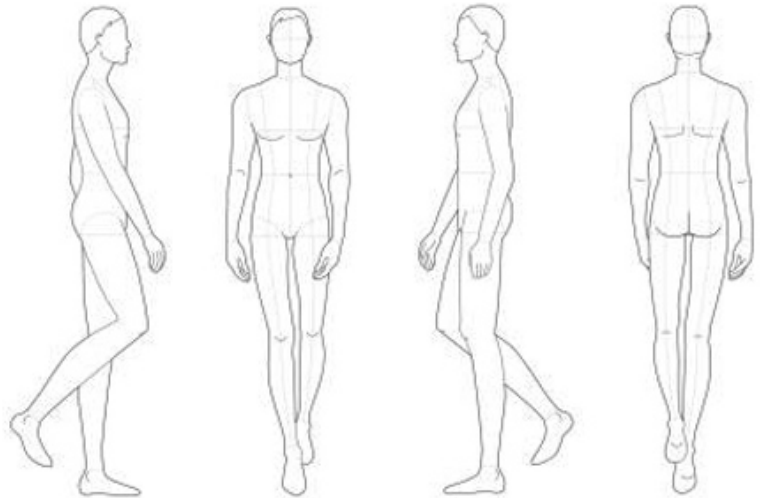
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Do you currently have any diagnosed conditions? \_\_\_\_\_

\_\_\_\_\_  
\_\_\_\_\_

Please tell us your goals for this massage therapy session:

\_\_\_\_\_  
\_\_\_\_\_



## **PLEASE TAKE A MOMENT TO CAREFULLY READ THE FOLLOWING INFORMATION AND SIGN WHERE INDICATED.**

If you have a specific medical condition or specific symptoms, massage/bodywork may be contraindicated. A referral from your primary care provider may be required prior to service being provided. I understand that massage/bodywork I receive is provided for the basic purpose of relaxation and relief of muscular tension. If I experience any pain or discomfort during this session, I will immediately inform the therapist so that the pressure and/or strokes may be adjusted to my level of comfort. I further understand that massage/bodywork should not be construed as a substitute for medical examination, diagnosis, or treatment and that I should consult a physician, chiropractor, or other qualified medical specialist for any mental or physical ailment that I am aware of. I understand that massage/bodywork therapists are not qualified to perform spinal or skeletal adjustments, diagnose, prescribe, or treat any physical or mental illness and that nothing said in the course of the session given, should be construed as such. Because massage/bodywork should not be performed under certain medical conditions, I affirm that I have stated all my known medical conditions, and answered all questions honestly. I agree to keep the practitioner updated as to any changes in my medical profile and understand that there shall be no liability on the practitioner's part should I forget to do so. It is also understood that any illicit or sexually suggestive remarks or advances made by me will result in immediate termination of the session, and I will be liable for payment of the scheduled appointment.

Zen Cancellation Policy: Zen has a 24-hour cancellation policy. No shows or cancellations within 24 hours of the scheduled appointment are subject to a \$35 cancellation fee. Should you arrive for your appointment more than 15 minutes past the scheduled appointment time, Zen reserves the right to cancel the massage session and charge a \$35 cancellation fee. By signing below, you agree to receive appointment confirmations, specials and VIP discounts from Zen Massage through text or email. If you do not wish to receive confirmations or discounts, please let us know.

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

Therapist Signature/LMBT # \_\_\_\_\_ Date \_\_\_\_\_

## **Our Suggestions for Clients - Get the Most Out of Your Session**

Modesty and comfort levels vary from person to person. You may choose to wear undergarments or a swimsuit or nothing at all.

This is your massage session and we want you to feel as comfortable as possible. During your massage, please give your therapist feedback as to pressure (deeper or lighter) or point out painful or ticklish areas of your body. Feel free to ask your therapist any questions about their procedures.

Your therapist is a highly trained professional and will be happy to make you feel well informed and comfortable.