

Confidential Client Information for Tao to Wellness

Name: _____ **Phone:** _____

Address: _____

Email: _____ **Occupation:** _____

What is your history of injuries, accidents and/or surgeries: _____

Where do you tend to hold tension or have pain in your body? _____

Are you currently under medical or alternative treatment? Please Describe:

Are you taking any medications or supplements? Please list:

What is your exercise program? _____

What are your goals for this session? _____

Anything more I should know in order to best serve you today? _____

Please note: My training is not as a medical professional but as a certified massage therapist. You are responsible for getting your physicians approval for treatment if you have any underlying health condition.

In order to maintain the integrity of my practice, I ask that all cancellations be made with a minimum of 24 hours notice. Failure to provide 24 hour will result in a charge of \$40.00, failure to show or call will result in a charge of \$70.00. I require payment after services are rendered. I accept cash, check, Visa/Mastercard.

Signature: _____ **Date:** _____

Information and suggestions:

Prior to your bodywork, remove contact lenses and jewelry.

- ❖ **Cranio-sacral sessions are given while fully clothed so please arrive wearing comfortable clothing such as yoga or sweat pants.**
- ❖ **Massage sessions are generally given unclothed, but fully draped with a sheet. Because modest and comfort levels vary, it is up to you to undress to your comfort level. You may choose to wear your underwear, swimsuit or birthday suit.**
- ❖ **During your massage, please feel free to communicate with the therapist so that the pressure of strokes can be adjusted to your level of comfort.**
- ❖ **It is recommended that after your session you drink at least 6 glasses of pure water to aid in**