

# Halina European Day Spa Massage & Body Consultation

Guest Name: \_\_\_\_\_ Birth date: \_\_\_\_\_

1. Have you ever had professional massage before? Y or N How often? \_\_\_\_\_  
If yes, what did you like? \_\_\_\_\_  
What did you not like? \_\_\_\_\_
2. Have you ever had an allergic reaction to any body products or essential oils? Y or N  
If yes, please specify \_\_\_\_\_
3. Are you pregnant? Y or N How many weeks? \_\_\_\_\_
4. Do you have any medical conditions, surgeries or injuries we should be aware of? Y or N  
If yes, please specify \_\_\_\_\_
6. What brought you in today?
  - Pain relief
  - Relaxation
  - Received a gift card
  - Other \_\_\_\_\_
7. On a scale from 1 to 10 (10 being the highest), how would you rate your stress level? \_\_\_\_\_
8. I am planning to come for massage or body treatments:
  - regularly, to prevent physical and mental stress
  - occasionally, when stressed or in pain
  - when I receive a gift card
  - I am a one time guest
9. Do you prefer *conversation* during your massage today? Y or N

Please check any areas that need specific attention:

- head
- shoulders
- back
- neck
- abdomen
- chest
- arms
- legs
- hands
- feet
- other: \_\_\_\_\_

Please check any areas to avoid:

- head
- buttocks
- abdomen
- hands
- feet
- other: \_\_\_\_\_

Please indicate the type of pressure you prefer:

- very firm, deep pressure\*\*extra \$15
- firm pressure
- medium pressure
- gentle pressure

Products

1. Please list any body care products you currently use:

Pain relief: \_\_\_\_\_

(ex. pain killers, gels, creams, wraps, patches)

Bath & body: \_\_\_\_\_

(ex. Lotions, scrubs, washes, exfoliants)

2. Which products are you interested in receiving a professional consultation and spascriptio?n?

- Pain relief
- Bath & body
- Hand or foot cream
- Skin care
- Hair care
- Other \_\_\_\_\_

To ensure your comfort, draping will be used during the session. Please undress according to your personal comfort level. If you are uncomfortable for any reason, please ask your therapist to stop. We do not engage in breast massage for any guests. Halina's European Day Spa only employs massage therapists licensed according to the laws of the Texas Department of Licensing and Regulation. Massage therapy is not a substitute for medical exams or diagnosis. It is recommended that I see a physician for any physical or mental ailment that I might have. I understand that the massage therapist does not diagnose illness, disease or any other disorders. Likewise, the massage therapist does not prescribe medical treatments or pharmaceuticals, nor do they perform any spinal adjustments. Neither the massage therapist nor Halina's European Day Spa will be held liable for any preexisting condition or any action taken during the administration of the massage.

I understand and acknowledge the foregoing: \_\_\_\_\_

Date: \_\_\_\_\_

Signature of Massage Therapist: \_\_\_\_\_

Date: \_\_\_\_\_