

Intake Form

Personal Information:

Name: _____ Phone: _____ DOB: _____

Address: _____

Email: _____ Occupation: _____

Emergency Contact (Name): _____ Relationship: _____ Phone: _____

Medical Information:

Are you currently taking any medications? _____

If yes, please list: _____

Are you currently pregnant? _____

If yes, how far along? _____

If yes, are there any high-risk factors? _____

Any recent injuries or surgeries (within 2 years OR affects your current pain patterns)? _____

If yes, please explain: _____

Have you experienced any of the following? Please circle all that apply:

Fibromyalgia

Arthritis

Diabetes

Cancer

Heart Attack

Blood clots

Headaches/Migraines

Kidney Dysfunction

High/Low Blood Pressure

Stroke

Neuropathy

Allergies

Depression/Anxiety

PTSD

Narcolepsy

Please explain: _____

Massage Information:

Have you received professional massage before? Yes _____ No _____

Are there any areas you would like the therapist to focus on? _____

Are there any areas you would like the therapist to avoid (i.e. glutes, face, feet)? _____

Client Signature: _____ Date: _____

Policy Statement

Confidentiality:

Rachel Thomas (LMBT NC #19236) is a licensed massage therapist, and as such, follows a strict code of ethics. Confidentiality of clients and sessions will be honored with two noted exceptions: 1) Any revealed illegal activity or questionable activity involving minors, as required by law, or 2) In the case of a medical emergency, where the client is unconscious or unable to speak and client information is essential for first responders.

Payments:

Payments are to be received in full at the time of the session. Fees are to be paid with cash, check, Venmo, or credit/debit card. Credit/debit card charges will have an additional \$3.50 processing fee. The client will be charged as follows:

30-minute massage: \$50
60-minute massage: \$90
90-minute massage: \$120
120-minute massage: \$160
**prices are subject to change*

Cancellations/Rescheduling:

The client and massage therapist are both responsible for giving a **24-hour notice** to reschedule or cancel an appointment prior to the appointment time. If change in the appointment time is not made within this time frame, the client will be charged **half of their service fee** which must be paid before their next appointment. If the client fails to give any notice at all, the missed appointment will be considered a No-Show and the **full service fee** will be charged. If the therapist violates the 24-hour policy, another session may be booked at a 20% discount.

All massage sessions will begin and end on time. If the therapist is late, the session will be discounted according to the time missed. If the client arrives late for the appointment, the remaining time of the appointment will be utilized to provide the best massage/bodywork possible and the **full fee** will be charged. If the client is more than 15 minutes late without notifying the practitioner, the appointment will be canceled, considered a No-Show and the **full service fee** will be charged.

Medical conditions:

Massage therapists are not licensed to practice medicine and therefore do **NOT** diagnose illness or disease, perform spinal manipulations, or prescribe medical treatments. Massage therapy is

not a substitute for medical treatment, medication, or diagnosis for any health condition that a client may have. It is recommended that clients pursue appropriate health management for any conditions they may have.

Due to certain contraindications and cautions for massage, it is the client's responsibility to make the therapist aware of existing physical and mental conditions as well as medications they may be taking. It is the client's responsibility to keep the massage therapist updated on any changes in their health status.

Draping:

Clients may undress to their comfort level when indicated by the therapist and **ONLY** when the therapist has left the room. For some, this may mean remaining fully clothed, for others, fully nude, or anywhere in between. Regardless of preference, all clients will be covered and draped with clean linens at **ALL** times during the massage. Only the area being worked on will be undraped.

Sexual Misconduct:

Massage therapy provided is therapeutic in nature. **ALL** massage services provided by the therapist are non-sexual. No sexual conversation or behavior will be tolerated by either the massage therapist or the client at any time. Any inappropriate words, jokes, or suggestions by the client will result in the immediate termination of the massage session. Sessions terminated for inappropriate behavior will be charged the **full session fee** and the client will permanently lose the privilege to schedule another session with the therapist.

Underage Clients:

Clients 17 years or younger must be accompanied by and have the consent of a parent or guardian. Any client can request a friend or relative to accompany them in the massage session if this will help the client feel more comfortable, and provided the person accompanying does not disrupt the session or behave in any inappropriate manner.

By signing below, I acknowledge that I have read and understand the above policies and I hereby agree to abide by them.

Client Name (please print): _____

Client Signature: _____ Date: _____

Therapist Signature: _____ Date: _____