



Remedial Massage may include *face, head, chest, stomach, back, buttocks, arms, legs and feet* depending on the area of the problem.

**Please indicate any area you would not like to have included in the massage.**

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Remedial Massage therapy is provided for stress reduction, relief from muscular tension, improvement in postural function and improvement of circulation and energy flow.

Remedial Massage therapists are not qualified to perform spinal or skeletal adjustments, diagnose, prescribe or treat physical or mental illness. If you are in doubt, consult your medical practitioner.

If I experience pain or discomfort during the session, I will immediately inform my therapist so that pressure/ strokes can be adjusted to my level of comfort. I understand that Remedial Therapy involves deep soft-tissue work, and depending on the severity of the problem it is normal to feel some muscle soreness and tenderness within the days following the treatment.

I affirm that I have notified my therapist of all known medical history and I agree to inform the therapist of any changes in my health and any medical conditions.

Client signature:..... Date:.....

Therapist Signature:..... Date: .....



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