

Confidential Client Information

NAME: _____

PHONE: _____ (home) _____ (cell) _____ (work)

E-MAIL: _____

ADDRESS: _____

CITY: _____ STATE: _____ ZIP: _____

OCCUPATION: _____ BIRTHDATE: _____

WHERE DID YOU HEAR ABOUT US?: _____

HAVE YOU HAD ANY INJURIES: (broken bones, torn ligaments, joint problems, surgeries, car accidents, etc.)? _____

DO YOU HAVE ANY MEDICAL PROBLEMS (cancer, blood disorders, osteoporosis, cardiac problems, communicable diseases, skin disorders, etc.)? _____

MARK THE APPROPRIATE AREAS OF CONCERN:

Headaches _____

Stress _____

Neck R L _____

Shoulder R L _____

Upper Back Pain R L _____

Lower Back Pain R L _____

Hip R L _____

Knee R L _____

Foot & Ankle _____

Other _____

Ashiatsu Massage Informed Consent

Ashiatsu is a style of Massage that utilizes broad-pressure strokes to create effective therapeutic results on restricted areas of soft tissue. Your therapist specializes in a combination of both classical hands-on massage techniques, along with barefoot Ashiatsu. The hands-on approach allows the therapist to target small muscle groups (such as the neck) with detail and precision. The use of feet as a massage tool creates a powerful Myofascial Release effect on larger muscle groups. The experience is very similar to the feeling of a forearm applied in Swedish & Deep Tissue Massage. Your treatment can be given with any level of pressure. Many people who don't like firm pressure still love receiving Ashiatsu. However, for those who love Deep Tissue, Ashiatsu can usually accommodate beyond what is possible in Traditional Massage. It is also important to know that consistent, deep pressure can be achieved in a more comfortable way with this approach, so it may not feel as painful as what you might expect with

the use of elbows. The long, slow, flowing, strokes feel smooth and relaxing. And your therapist will strive to adjust every stroke for your ideal comfort. Our goal is to help you leave the session with new freedom of movement, feeling fully rejuvenated in body, mind and soul!

- I understand that my therapist will use a combination of different massage techniques to create the most effective therapy for my body. This will include the use of both the therapist's hands and feet as massage tools.
- I understand that my therapist is like an artist who needs access to all their "tools" in order to provide me with the best treatment they can offer. I'm comfortable with the idea of experiencing various techniques incorporated into one session, and I consent to receive this approach.
- I understand that Ashiatsu can be applied at any level of intensity from light, to very deep. Although the therapist will check in with me, I acknowledge that it is my responsibility to verbally communicate to the therapist if I need less pressure on any area of my body. Massage is not supposed to cause cringing. If it is too painful, or I am "enduring" rather than enjoying the pressure, I will immediately tell my therapist so they can adjust to my perfect level. Similarly, if I feel disappointed that the pressure is too light, I will speak up and ask my therapist for more intensity.
- I acknowledge that if I request extremely deep pressure, the Ashiatsu therapist can only leverage pressure up to the limit of their own body weight. Anything beyond that will require a heavier therapist. And there may or may not be another Ashiatsu therapist in town who fits that description. If the therapist is using their hands, they can only leverage up to the limit of their upper body weight.
- I understand that Ashiatsu Massage is not intended to be extreme. My therapist will not be standing or walking on me unless: 1) I request this for any reason. 2) I weight over 200 pounds and request more compression. 3) I have greater than average muscle mass from physical training and I request more pressure.
- I understand that my therapist takes care of their feet exactly like hands. The therapist's feet are clean, smooth, and washed between every session. Furthermore, I understand that my therapist is never barefoot while standing on the floor. Cleanliness is a priority.
- I understand that if I prefer Traditional Massage for any reason, and I don't want to experience Ashiatsu technique during the session, my therapist will be happy to refer me to another therapist and assist me in rescheduling my appointment.
- I understand that massage should not be construed as a substitute for medical examination, diagnosis or treatment. I understand that Massage Therapists do not diagnose conditions, prescribe, perform medical treatment or skeletal adjustments, nor interfere with the treatment of a licensed health care professional for any physical or psychological ailment I may have.
- I understand the cancellation policies at Banyan Tree Healing Center. If I need to cancel my session for any reason, I will do my best to provide 24 hours cancellation notice. If I no-show the appointment with no prior warning, I agree to pay the full cost of the session. When I reserve a session and don't show up, this prevents Banyan Tree Healing Center from booking anyone else in my place. I understand that when I fail to show up, the therapist will still arrive to meet me for my session. Full payment for the session covers the cost of the therapist's significant travel and time commitment.

SIGNED _____ DATE _____