



MESSAGE AFRICA SEATED MESSAGE INTAKE FORM

First Name: _____ Last Name: _____ Date of Birth: _____

Address: _____ Code: _____

Phone(h): _____ (w): _____ Email: _____

Is this your first professional massage? _____ Yes _____ No

If yes, is this your first Seated Massage? _____ Yes _____ No

Please list any recent injuries or surgeries: _____

Please list any medications (vitamins, herbs, or pharmaceutical) taken now or at regular intervals (include explanation of what medication is used to treat): _____

Are you currently under the care of a physician? _____ Whom? _____

Please list reason(s): _____

Please check all that apply today:

- Infection
- Inflammation
- Fever
- Pregnant/trying to get pregnant

Please check any of the following that you now have or have had:

- | | |
|-----------------|-------------------------------------|
| Dislocations | Phlebitis/Blood Clotting Conditions |
| Neck Injuries | High Blood Pressure |
| Back Injuries | Heart Problems |
| Low Back Pain | Kidney Problems |
| Sore Arms | Headaches |
| Muscle Cramping | Nausea/Fainting Spells |
| Arthritis | Numbness/Tingling/Nerve Problems |

The above information is accurate and true to the best of my knowledge. I understand that Seated massage work does not constitute medical treatment but rather is a form of health promotion utilizing techniques and principles of various massage modalities. I take responsibility for alerting my therapist to any physical conditions which would affect this work.

Client's Signature: _____ Therapist's Signature: _____ Date: _____

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Discover How To Boost Circulation With Therapeutic Massage

Boosting the circulation is a way of making the whole body healthier. First it stimulates blood flow, so that wastes are swept away and fresh oxygenated blood rushes to every body cell. Then it brings a warm, rosy glow to the skin, so that you look healthy and happy. And finally, it wakes you up, makes you tingle with energy and puts a skip back in your step.

Did you know that we age faster due to a slow circulation in our body?

Book your session now, call: (011) 024 8929 or 083 340 9495

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