



CHAIR MASSAGE - HEALTH RELEASE FORM

Please take a moment to read the following information:

Chair massage is a convenient, safe, and effective way to relieve physical and mental stress. It is performed in a comfortable chair and will focus on the neck, back, and arms. No clothing is removed. If at any time you are uncomfortable with the massage, you may terminate the session. Massage Therapists are not allowed to diagnose medical problems. Massage Therapy is not a substitute for medical examination or diagnosis. It is important to keep your therapist aware of your health conditions. Massage should not be provided for areas that are currently being treated by another health care professional, i.e. doctor or physical therapist, without recommendation.

It is your responsibility to inform your therapist if you have a medical condition or any of the following:

- Any injuries or surgeries
- Any blood pressure issues or heart condition
- Any adverse reactions to massage in the past
- If you are taking any medication (including over the counter, herbal, and vitamins)
- If you are pregnant or trying to become pregnant
- Have consumed alcoholic beverages today
- Eaten large meal in the past 2 hours

Please complete the information below and sign that you have read, and understand the above statements.

Date: _____ Time In: _____

Massage Length: _____

Your Name: _____

Signature: _____

E-mail Address: _____

Yes! I would like to be contacted and receive information about events, classes, and special discounts. I understand that I can request to be removed from the list anytime.

THANK YOU,

Mauricio Bertone

MAURICIO BERTONE, LMT, RYT