



Chair massage information form

Personal data

Company name: : _____

First and last name: _____

Phone number: _____

What is a chair massage?

The origins of the massage go far back in time. The Chinese were one of the first nations that were aware of the healing and relaxing effect of it.

Chair massage is a form of massage based on the traditional Japanese massage, using acupressure points. The client is sitting while the massage is applied. The massage has both a relaxing and a refreshing effect. The massage is given over clothes and the neck, shoulders, back, arms, hands, hips and head are treated. The chair massage is developed specifically to stimulate the circulation, so that you will feel relaxed en refreshed.

Important information before the start of the massage

Below you will find some questions that are important for the masseur, before starting the massage. Please read these carefully and cross out what is not applicable.

- Did you ever have a massage before? Yes/No
- Did you ever have a acupressure treatment? Yes/No
- Did you drink or eat during the last 4 hours? Yes/No
- Do you ever faint? Yes/No
- Do you have any acute or chronic health issues? Yes/No
Discuss this in advance with the masseur.
- Are you being treated by a doctor or therapist? Yes/No
- Do you use medication that can influence your ability to drive? Yes/No
- Are you experiencing a stressful period right now? Yes/No
- Do you have high/low blood pressure? Yes/No

Special warning for women!!

This form of massage may cause contractions of the uterus. For this reason it is not suitable for women who are pregnant or are trying to get pregnant. Neither is this massage suitable for women who breast feeding at the moment.

During the massage

The chair massage should feel comfortable at all times. If you experience it otherwise, inform the masseur immediately about it. It is important that the amount of pressure which is applied, feels good. During the massage you will be asked regularly for feedback, how the massage feels to you. If you feel dizzy, nauseous or otherwise unwell, inform the masseur about this immediately.

Keep breathing

The main goal of the massage is relaxation. When you hold your breath, you hold on to the tension and the massage will be less effective. It is therefore very important that you keep breathing, especially on those moments when the masseur applies pressure.

Finally

I read and understood the above and discussed it with the masseur where necessary. I understand that this massage is not a medical treatment, but a form of body care that uses the techniques of the traditional Japanese massage. I take on the responsibility of informing my masseur and keep her up to date about my health, if this may influenced in any way by the massage.

Thus completed truthfully

Signature_____ **Date**_____