



Name \_\_\_\_\_

### CONFIDENTIAL HEALTH HISTORY

(If female) Are you pregnant?  Yes  No  
If yes, which trimester? \_\_\_\_\_

Are you currently undergoing treatment for any health condition that would have bearing on your spa treatment?  
 Yes  No If yes, have you checked with your doctor about receiving spa treatments?  Yes  No

Are you currently taking any prescriptions or medications that would have bearing on your spa treatment?  Yes  
 No If yes, have you checked with your doctor about receiving spa treatments?  Yes  No

List any past surgeries, broken bones, major car accidents and injuries: \_\_\_\_\_  
\_\_\_\_\_

List any known allergies: \_\_\_\_\_

Do you see a dermatologist?  Yes  No If yes, please explain:  
\_\_\_\_\_

Check any areas that apply:

- |  |  |  |   |
|--|--|--|---|
| <input type="checkbox"/> Blood clots         | <input type="checkbox"/> AIDS            | <input type="checkbox"/> Epilepsy        | <input type="checkbox"/> Eczema or Psoriasis        |
| <input type="checkbox"/> Poor Circulation    | <input type="checkbox"/> Heart Attack    | <input type="checkbox"/> Arthritis       | <input type="checkbox"/> Cancer/ skin abnormalities |
| <input type="checkbox"/> Heart Palpitation   | <input type="checkbox"/> Pinched Nerves  | <input type="checkbox"/> Chest Pains     | <input type="checkbox"/> Fibromyalgia               |
| <input type="checkbox"/> TMJ Dysfunction     | <input type="checkbox"/> Asthma          | <input type="checkbox"/> Neck Pain       | <input type="checkbox"/> Contagious Disease         |
| <input type="checkbox"/> Cold sores/Herpes   | <input type="checkbox"/> Swollen Joints  | <input type="checkbox"/> Scoliosis       | <input type="checkbox"/> Skin Irritations           |
| <input type="checkbox"/> Blood Pressure High | <input type="checkbox"/> Type 1 Diabetes | <input type="checkbox"/> Type 2 Diabetes |   |

Please list any additional health concerns:  
\_\_\_\_\_

### MASSAGE

Please check the areas of the body you would like the therapist to emphasize:

- Full Body  Back  Neck  Arms  Hands  Legs  Feet  Other: \_\_\_\_\_

### FACIAL

Please check any of the following conditions you are experiencing with your skin:

- |                                     |  |  |                                     |
|-------------------------------------|--|--|-------------------------------------|
| <input type="checkbox"/> Flaky      | <input type="checkbox"/> Dryness       | <input type="checkbox"/> Oily          | <input type="checkbox"/> Breakouts  |
| <input type="checkbox"/> Sun Damage | <input type="checkbox"/> Discoloration | <input type="checkbox"/> Clogged pores | <input type="checkbox"/> Fine Lines |

Any other concerns? If so, please describe:  
\_\_\_\_\_