



# Heart Waters Massage

Anna Duval, LMT  
Health History



**NAME:**

Date of Birth:

Street Address, City, State, Zip Code:

Phone:

Cell:

Email:

Check to receive valuable news & packages monthly from the Heart Waters Massage online newsletter:

**Emergency Contact Name:**

**Phone:**

Please circle answers:

How did you hear about us? *Yelp Internet Flyer LocalsGuide Other Referral:*

Are you allergic to nuts? *Yes No*

What is your typical body temperature? *Hot Cold Medium*

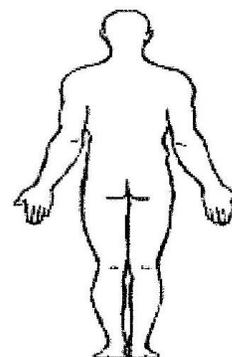
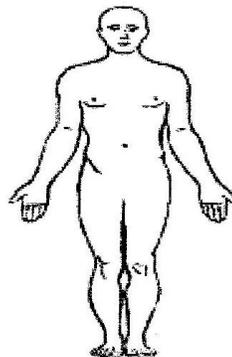
Aromatherapy preference: *Earthy Floral Sweet Mint No Scent No Preference*

What are you wanting from this massage session?

Are there areas you would like me to concentrate on?

Any areas to avoid?

Please mark areas of concern:



Are you under physician's care and for what?

Are you taking any medication now and for what?

What is your occupation?

What are your primary activities and hobbies?

Please check any of the following that apply to you:

Condition/Concern		Condition/Concern	
Allergies (please specify below)		Osteoporosis	
		Arthritis	
		Headaches (how often?)	
Surgery (for what?)			
		Insomnia	
Cancer History		Herniated, bulging discs	
Spasms		Sprains/Strains/Fractures	
Heart Conditions		Contact Lenses	
History of Strokes		Plastic Surgery	
Auto-immune disorder		Circulation Issues	
Varicose veins		Blood clots	
Contagious illness		HIV/AIDS	
Advanced kidney disease		Diabetes	
Advanced liver disease		Chronic Tension	
Blood pressure issues (high/low)		Dizziness or Nausea	
Thyroid issues (high/low)		Fainting Spells	
Asthma		Epilepsy or Seizures	
Sinus Conditions		Digestive issues	
Skin Conditions or Skin rashes		Open sores or wounds	
Whiplash		Bruise Easily	
Sciatica		New tattoos, piercings	

Are there other health concerns I need to know about for the massage?

I understand that the massage/bodywork I receive is provided for the basic purpose of relaxation and relief of muscular tension. If I experience any pain or discomfort during this session, I will immediately inform Anna so that the pressure and/or strokes may be adjusted to my level of comfort. I further understand that bodywork should not be construed as a substitute for medical examination, diagnosis, or treatment and that I should see a physician, chiropractor, or other qualified medical specialist for any mental or physical ailment of which I am aware. I understand that bodywork practitioners are not qualified to perform spinal or skeletal adjustments, diagnose, prescribe, or treat any physical or mental illness, and that nothing said in the course of the session given should be construed as such. Because massage/ bodywork should not be performed under certain medical conditions, I affirm that I have stated all my known medical conditions and answered all questions honestly. I agree to keep Anna updated as to any changes in my medical profile and understand that there shall be no liability on her part should I fail to do so. I accept all liability and risks associated with all outcomes and consequences of the massage/bodywork and I hereby release and covenant not to sue Anna Duval. I also understand that any illicit or sexually suggestive remarks or advances made by me will result in immediate termination of the session, and I will be liable for payment of the scheduled appointment.

**Signature:**

**Date:**

## Directions to Heart Waters Massage: 1109 Siskiyou Blvd Suite B

1109 Siskiyou Blvd is upstairs in the building of Reid, Hanna, Johnson & CO Certified Public Accountants, located on the corner of Siskiyou Blvd and Garfield St across from SOU. When driving away from downtown Ashland, it's two blocks southeast of Mountain on the left side of the street.

The parking lot is off of Garfield St in the Reid, Hanna, Johnson building. Please park in any of the five visitor spots on the left. If these aren't available, use the first two spots on the right marked 1109B.

Enter through the glass door with "Heart Waters Massage" stencil ~ use that one to come up the stairs. My office is in Suite B, which is the first door on the right at the top of the stairs.

\*Please note there are other business names on the door entering the building, so follow signs for "Heart Waters Massage"\*

Let me know if you need any further help finding the location.  
My cell is 541-743-6071.

