**IMPORTANT – PLEASE READ CAREFULLY BEFORE COMPLETING AND RETURNING THE BELOW FORM**

**PROCEDURE**

Our first meeting will consist of an initial assessment. This is free of charge and will usually take 10-15 minutes. This will enable us to decide on the most effective treatment plan for you as an individual. Once you have decided on the treatment plan that is right for you, we can go ahead and arrange your appointment schedule.

**Please note, in order to provide the best possible service, all bookings are strictly by appointment only and all appointments should be made in advance. Naturally, we will do our utmost to accommodate you as soon as possible.**

**Should you need to cancel a prebooked appointment for any reason, we ask that you inform us as soon as possible so as we can arrange an alternative date/time.**

**HYGIENE – OUR COMMITMENT TO YOU**

We are committed to ensuring the health, safety and wellbeing of our clients.

Our therapists thoroughly wash their hands, lower arms and elbows immediately before and immediately after every treatment.

All of our equipment is thoroughly cleaned and disinfected immediately before and immediately after every use.

**Furthermore, at this time, we are committed to following government guidelines to help stop the spread of COVID-19**

All of our therapists will:

Regularly disinfect hands, lower arms and elbows with alcohol-based sanitizer

Wear a face covering over the nose and mouth in enclosed spaces. Face coverings are changed after every appointment so as fresh coverings are worn for each and every client.

Protect hands with suitable single-use gloves for all appropriate treatments.

**HYGIENE – WHAT WE ASK OF YOU**

In order to adhere to the very highest standards of hygiene, we ask that clients provide their own personal towels, flannels and cover sheets.

It is important for clients to be freshly bathed or showered before each appointment, both to maintain good hygiene and to gain maximum benefit from the treatment(s) provided.

IF YOU ARE HAPPY WITH ALL OF THE ABOVE, PLEASE COMPLETE AND RETURN THE FORM BELOW SO AS WE CAN SET OFF ON THE ROAD TO A HEALTHIER AND HAPPIER YOU.

BASIC LIFESTYLE INFORMATION FORM

**Please provide the following information about yourself:**

Gender:

Name:

Age:

With massage, different body types require different techniques and different pressures

How would you describe your physical build - slim, average, muscular, bulky – please provide as much detail as you can?

**LIFESTYLE**

Do you smoke?

What is your approximate weekly alcohol intake in units?

(1 single 25ml shot of spirit = 1 unit. 1 pint of lower strength beer or cider = 2 units. 1 pint of higher strength beer or cider = 3 units. 1 750ml bottle of wine = 10 units)

Please list the five foods that you most regularly eat.

**WORK**

Does your job involve mostly sitting or standing?

Does your work involve a lot of walking?

Does your job require you to regularly drive any type of motorized vehicle (car, van, lorry, motorcycle or similar)?

Does your work involve regular lifting of heavy objects?

Would you describe your job as carrying a low, medium or high level of stress?

**MEDICAL**

Do you have any specific medical conditions, including allergies?

If you have answered yes to the above, please list any medication that you take.