



Esprit d'Equilibre
MASSAGE À DOMICILE & EN ENTREPRISE

This information will remain strictly confidential

Esprit d'Equilibre

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Name

Address

Postal code

Phone

Email

Birth date:

1. Is there an area where you want your practitioner to avoid?

2. Are you allergic to nuts, essential oils or others?

3. Are you sensitive to heat?

4. Do you have cardiovascular problems?

5. Are you pregnant and if so, by how many months?

6. Did you have an operation, accident or injury that you consider important to mention?

Against indications

Pregnant women :

- Massage practiced from the 3rd month of pregnancy until the end of the 8th month
- Take advice from your doctor or midwife
- Eat a little before the massage

Only prenatal massage is advisable

*** Massages are not recommended in the following cases:**

- Infections and conditions, especially with fever
- Contagious skin diseases
- Alcoholic people
- Eczema, burns or wounds not fully healed
- Cardio-vascular disorders (doctor's opinion beforehand)
- Malignant neoplasms and consecutive chemotherapy (doctor's opinion beforehand)
- The massage is also to be used with moderation, directly after operations and in case of risk of phlebitis or in case of varicose veins
- Direct massage should be avoided at sites with hematomas, inflammatory wounds or recent fractures
- Person taking heavy medication
- Any immune deficiencies such as chronic fatigue syndromes, or any conditions for which the immune system is already weakened

Sitting massage (Amma) is not recommended for people suffering from back and vertebral problems in general, heart problems and pathologies heavy (cancer type): prior opinion of the doctor

Ayurvedic massage is not recommended for people with venous problems (phlebitis), back problems such as lumbago, sciatica, heart problems, recent operations, wound, etc ...

Swedish massage is not recommended for people with back and vertebral problems in general, sciatica etc ...

The hot stone massage is not recommended for people with thin skin as the elderly and against the indications above *

Plantar reflexology is not recommended for people suffering from wounds, hematomas, fractures, strains, malignant tumors and consecutive chemo-therapy, cardiovascular disorders (preliminary doctor's advice)

Facial massage is not recommended for people with recent eye surgery.

The Thai oil massage is not recommended for people with back and vertebral problems in general, heart problems

In any case refer to the opposite directions above

Precautions

- It is not recommended to be massaged after lunch or after dinner is just not nice. **(If no other time available, the massage will be performed more gently on the belly area)**
- After a massage session it is recommended to drink plenty of water
- Thank you for notifying your wellness practitioner if you want to use disposable underwear, if you do not want to have oil on your hair or any other custom requests.

J'ai été informé des précautions de sécurité et j'accepte l'entière responsabilité du choix de mon soin.

Fait le,

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Signature :