



Massage Customization Form

This form is to address what kind of massage you want for this specific session. There is a FAQ section on my website that answers many questions, such as massage types and conclusions, but feel free to ask me any questions you may have.

What type of massage are you seeking?

- Swedish
 Deep Tissue
 Integrated

What type of pressure do you normally prefer?

- Light
 Medium
 Heavy

How would you like your massage concluded?

- Compression
 Tapotement
 Both

Do you have any specific goals in mind for this massage session?

Would you like any accommodations to make your massage more comfortable?

- Bolster under knees while lying on back
 Bolster under ankles while lying on stomach
 Bolster for chest
 Extra blanket over top sheet
 Other:

Music preference, see clipboard or website for details:

- Lo-fi
 Nature
 Other: _____

Are there any areas you consider sensitive or ticklish?

Do you want your scalp massaged? (note: this can mess up your hair)

- Yes
 No

Please mark on the diagram any areas you:

Want focus on: ○

Want avoided: X

Feeling pain or discomfort: !

Do you want pectoral work?

- No Chest
 Upper Chest Only
 Full Chest

*Please note this work can be done with the chest fully, partially, or not draped, and include or avoid breast tissue. If you identify as female and you wish to receive Full Chest work please fill out the other "Chest Massage Consent" form. More info can be found in the FAQ

Do you want abdominal work?

- Yes
 No

