



Health Release Form

Time In: _____
Massage Length: _____

Please take a moment to read the following information and sign where indicated.

StresSolutions provides high quality, professional chair massage. Chair massage is a convenient, safe, and effective way to relieve physical and mental stress. Chair Massage is performed in a comfortable chair and will focus on the neck, back, and arms, excluding any contraindicated areas. No clothing is removed. If at any time the client is uncomfortable with the massage, he/she may terminate the session.

StresSolution's therapists are not qualified to diagnose medical problems. Massage Therapy is not a substitute for medical examination or diagnosis.

It is important to keep your therapist aware of your health conditions. Certain health conditions are contraindicated for massage. It is your responsibility to inform your therapist if you have any of the following:

- Any injuries or surgeries
- Any adverse reactions to massage in the past
- Any recent changes in your medication
- If your pregnant or trying to become pregnant
- Have consumed alcoholic beverages today

PLEASE DRINK AT LEAST 16OZ OF WATER FOLLOWING YOUR MASSAGE.

Massage releases muscle toxins into your system. Drinking water helps aid the body in flushing this out of the system and helps to reduce soreness.

Please sign below if you have read, understand, and will comply with the above statements. Thank you.

Date: _____

Your Name: _____

Signature: _____

Email Address: _____

_____ Yes! I'd like to learn more about StresSolution's Corporate and Special Event Chair Massage Services.

*All therapists practicing chair massage with StresSolutions are licensed by the Texas Department of Health.