

New Clients – A few simple questions for Weekend 1-4

It is wise to briefly talk about the general health and your massage intentions with all clients in advance, so you may wish to also ask them the following questions and give them the following info:

Their initials: _____ Date: _____ Length of Session: _____

Explain the session is confidential: that you will only use their initials and info will only be seen by tutors, and maybe the examiner.

Thank you for agreeing to be a practice person/body for my massage practice. Each month I need to practice the things we covered in college. This month I need to practice _____

- How are you today? *Helps them feel welcomed & cared for. Also gives you a chance to find out whether you need to be extra caring toward them*
- How's your general health / Do you have any health conditions, in case I need to check with a tutor? (Can you tell me what are they & are they well managed?) *If they have a managed condition and know they can receive massage then carry on. If they have any serious illness which is un-managed then check with tutors first, or ask them to check with their GP.*
- I would like to practice this today; Is that ok with you? And is there anywhere you would like me to work in addition to that? *Remember it is about your practice at the moment more than about their requirements. Although you do want them to enjoy it of course!*
- Have you any allergies or skin issues? *Just in case the oil etc you are using is an issue, or there are areas of skin to avoid or be gentle with.*

Consent:

1. As discussed above I will be practicing massage on _____ taking into account _____ you mentioned.
2. I will check in with you about pace and pressure BUT please do ask for changes at any time about anything I am doing.
3. Do you have any questions or concerns?

Practicalities:

1. Explain draping and face up or down on table to start
2. Explain choice of what clothes to take off, i.e. it is best for me if you undress down to your underwear, and remove jewellery, but please only undress as far as you are comfortable.