**CUSTOMER DATA**

BODY MASSAGE

Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Date of Birth: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Address: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Tel. : Res. : \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Occupation: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Office: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Number of hours / week: \_\_\_\_\_\_\_\_

Referred by: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Purpose of visit: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Refer someone and get 10% discount \*

Have you ever had a massage: \_\_\_\_\_\_\_\_\_\_ What type? : \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

HEALTH PROFILE (CHECK)

Are you currently under the care of:

Chiro \_\_\_\_\_doctor \_\_\_\_\_ Physiotherapist\_\_\_\_\_ Other \_\_\_\_\_\_

If so, about what: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Do you take drugs: \_\_\_\_ Which one: \_\_\_\_\_\_\_

DO YOU SUFFER:

Osteoarthritis \_\_\_\_\_ Arthritis \_\_\_\_\_ Allergies \_\_\_\_\_ Fractures \_\_\_\_\_\_ Varice \_\_\_\_\_

Plébite \_\_\_\_\_ recent \_\_\_\_\_ heart \_\_\_\_\_ problem \_\_\_\_\_ Constipation \_\_\_\_\_

Diarrhea \_\_\_\_\_ Diabetes \_\_\_\_\_ Hernia \_\_\_\_\_ Insomnia \_\_\_\_\_ cyst

\_\_\_\_\_ Ulcers \_\_\_\_\_ Athlete's Foot Warts \_\_\_\_\_ Other \_\_\_\_\_ \_

ARE YOU: Pregnant: \_\_\_\_\_ Date of birth \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

DO YOU HAVE: contact lens \_\_\_\_\_ Pace maker \_\_\_\_\_ Orthotics \_\_\_\_\_ Other \_\_\_\_\_

Recent operation: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Recent accident: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Regular physical activity: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Frequency: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Remarks:

\* The person must pay and follow the whole series of courses for the full 10% credit

**AGREEMENT OF MASSAGE**

It is understood that the massage is for relaxation, beauty and hygiene and is absolutely not a treatment for some diseases whatsoever.

I told the masseur(se) that my health allows me to get a massage and I'll pass on as the recommendations and restrictions imposed by my doctor or therapist in this regard.

Signature of customer: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Date: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Signature of masseur (se): \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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| --- | --- |
| Date | Observation notes |
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**PART 1 : MASSOTHERAPEUTIC MASSAGE**

**PHYSICAL CONTACT , NUDITY , PREJUDICE AND TABOO**

In many societies the physical contacts and nudity are more or less taboo.

All society reproduce ancestral behavior dating back to the prehistoric era.

Originally taboos and prejudices are tribal laws that were related to the survival of the species .

Unconsciously some society associates physical contacts and nudity with sexuality.

And they associate sexuality with reproduction and childbirth.

Because, until there is not so long, there was no contraception.

The women where always pregnant . Because women where always pregnant they could not easily work for their survival and that of all their children.

That is why in primitive societies marriage was prescribed before having sex .

To ensure that women have a husband provider who can , with agriculture and livestock , once the hunting and fishing , feed the women and their children.

In prehistoric societies women should therefore remain a virgin before marriage.

Do not have sex before marrying a husband provider to ensure their survival and that of their children.

In these societies sexuality, which is associated , nudity and physical contact , are taboo with anyone other than the spouse.

Since the sexual revolution , and especially the arrival of contraception (condom , pills, etc.). Sexual prejudices and taboos fade in most parts of the world .

People repossess their bodies and women, especially , eschewed more .

The FEMEN is a good example, where nudity is no longer seen as a taboo.

More and more people use massage , leaving aside prehistoric laws that no longer have a reason to be.

Nudity and physical contact is less stress associated with reproduction and childbirth , and increasingly associated with well-being , relaxation and pleasure.

Nudity , physical contact and sexuality are increasingly seen as way to give pleasure and/or relaxation against stress and it is no longer considered a crime !

**ETHICS**

Each person has more or less taboos and prejudices inherited customs and traditions that date back to prehistoric societies .

It is therefore important to know the limits of the person in order not to offend in his convictions .

In the Californian massage both are naked . In the conventional massage both people are completely or partially dressed or covered .

Questions prior to the message :

CLOTHING:

 1 . How would you prefer to be massaged?

( a) Fully covered. Chest and front and rear hips always covered .

( b ) The following parts of my body can be discovered :

 i . The rear hips : \_\_\_\_\_

 ii . The front hips : \_\_\_\_\_

 iii . Chest : \_\_\_\_\_

( c) I am not a puritan, I am indifferent, all my parts can be discovered : \_\_\_\_\_

( d) I would decide when the time comes and I would like to be ask every time: \_\_\_\_\_

 2 . How would you prefer that the person giving the massage is dressed ?

( a) Fully dressed . Chest and hips front and rear always covered . \_\_\_\_\_

( b ) Those parts could be not covered : \_\_\_\_\_

 i . The rear hips : \_\_\_\_\_

 ii . The front hips : \_\_\_\_\_

 iii . Chest : \_\_\_\_\_

( d) I am not a puritan, I am indifferent, all parties can be discovered : \_\_\_\_\_

( e) I would decide when the time comes and I would like to be ask every time: \_\_\_\_\_

 3 . How would you be dressed to give a massage?

( a) Fully covered. Chest and hips front and rear always covered .

( b ) The following parts of my body can be discovered :

 i . The rear hips : \_\_\_\_\_

 ii . The front hips : \_\_\_\_\_

 iii . Chest : \_\_\_\_\_

( c) I am not a puritan , I am indifferent all my parts can be discovered : \_\_\_\_\_

( d) I would decide when the time comes and I would like to be ask every time: \_\_\_\_\_

 4 . How would you prefer that the person being massaged is dressed ?

( a) Fully dressed . Chest and hips front and rear always covered . \_\_\_\_\_

( b ) I am not a puritan , I am indifferent, all parties can be discovered : \_\_\_\_\_

( c ) I want to decide when the time comes and we wonder every time: \_\_\_\_\_

 i . The rear hips : \_\_\_\_\_

 ii . The front hips : \_\_\_\_\_

 iii . Chest : \_\_\_\_\_

( d) I am not a puritan , I am indifferent, all parties can be discovered : \_\_\_\_\_

( e) I would decide when the time comes and I would like to be ask every time: \_\_\_\_\_

**PHYSICAL CONTACT :**

1 . Which parts of my body can be massaged ?

( a) None of the following parts: chest and front and rear.hips.

( b ) The following parts of my body can be massaged :

 i . The rear hips : \_\_\_\_\_

 ii . The front hips : \_\_\_\_\_

 iii . Chest : \_\_\_\_\_

( b ) I am not a puritan, I am indifferent, all my parts can be massaged : \_\_\_\_\_

( c ) I would decide when the time comes and I would like to be ask every time \_\_\_\_\_

2 . Which body parts can you massage ?

( d) None of the following parts: chest and front and rear.hips.

( e ) I can massage the following parts :

 i . The rear hips : \_\_\_\_\_

 ii . The front hips : \_\_\_\_\_

 iii . Chest : \_\_\_\_\_

( f) I'm not a puritan, I am indifferent, I can massage all parts: \_\_\_\_\_

( g ) I would decide when the time comes and I would like to be ask every time: \_\_\_\_\_

**DIFFERENCE - MAN WOMAN**

MUSCLE :

In general men have not only stronger muscles , but in many cases the muscles are also firmer. There are also women with firm muscles in the case of women who are physically active.

In this case it is possible , and even preferable, to exert greater pressure on the muscles .

Each case is different , ask the person if he or she desired to be massaged with more or less pressure and ask them to warn when they wants to receive a more or less strong pressure .

CHEST :

For man the chest muscles can be massaged directly with the same pressure as any other muscle.

In women the chest muscles may be partially massaged by the sides of the breasts.

It does not exert pressure directly on the breasts of women.

MAMELON:

Both men and women have no control over the hardening of the nipples during physical contact such as massages.

It may however be a sign that the person is cold. Cover the person or heat the room accordingly.

MAN :

The man can not control his erection . Especially during massage. It is therefore quite normal for men to have uncontrolled erection during a massage session .

**MASSAGE ROOM**

Basic equipment:

-Massage table stable and comfortable mattress on the floor or bed.

-Towel.

-Knees cushion.

-Sheets.

Oil:

-Mixture of organic vegetal oil : (50-50%) sunflower and almond oil

-Perfume with essential oil.

Room:

-Peaceful.

-Soft Light.

-Relaxing music.

**HYGIENE**

  1. WASHING:

It is always better that the massaged person to shower before and after a massage.

The person who give the massage should at least wash his hands and any other part of the body (such as the forearms) in contact with the person being massaged before and after a workout.

  2. Avoid contact with mucous membranes like:

(a) Eyes

(b) Nostrils

(c) Mouths

(d) Anus

(e) Vaginal

(f) Penis

(g) as well as wound

And especially avoid any exchange of bodily fluids between these parties from the person being massaged and the one who gives the massage to prevent the transmission of diseases.

N.B. The white clothes should be avoided. Oil stain and eventually yellowed over time.

Opt for colors that already contain the yellow as: Black, green or orange.

**SET-UP - WARMING**

To facilitate and ease the movement:

-Rotate the ankles.

-Bend the knees.

-Rotation of the trunk.

-Rotation and arm movement.

-Rotate the wrists.

-Rotation of the neck.

**PREPARATION**

**VISUALIZATION - RELAXATION - BREATHING**

Before giving a massage watch the breath. Help people taking a deep breath.

With hands, on the contour of the torso, explain that the torso is a large container. (Example: If breathing is not complete in the ribs, place your hands on the coasts, ask the person to fill your hands with air). Imagine that your torso is a container that can be filled with inspiration.

Awareness of each member to the person. Ask him every breath (putting your hands on the member) to let all the tension, fatigue, going out of his members. Same right and left arms.

Neck and head. Then bring the awareness of the whole body. At the end let out all the tension, fatigue, concerns, etc.. The body becomes increasingly heavy and relaxed with each breath.

During the massage you will breathe in a comfortable way for you and from time to time I ask you to breathe deeply.

Use visualization to other areas tense during the massage.

From now on you will enter in your body, you'll be on your way and your physical sensations.

To get the most of massage you can tell me if you want more or less pressure, and if you want me to stay longer on a tense part of your body.

**QUESTION OF APPRECIATION OF MASSAGE**

1. How did you feel before the massage, physically and emotionally?

2. What did you notice in person before the massage?

3. What the person told you about herself before the massage?

4. Note the details of that person's body: posture, alignment, age, skin tone and muscle size, stress, problems ...

5. Have you read the history of the person?

6. How did you feel in your body during the massage?

7. What you have done to relieve the stress in your body during the massage?

8. Did you emotions during the massage?

9. What changes have taken place in your mind and / or body?

10. Describe the massage.

11. What you have done to make this massage appropriate to that person?

12. Describe the person's breathing. Is that you were able to help him with his breathing? How?

13. How many times during the massage: 1. Were you in your hands? 2. the person she was in her body?

14. Have you noticed a difference in energy, vitality and awareness in different parts of his body?

15. Questions did they asked you during the massage? If yes, how do you respond?

16. What you learned from this person by touching his body?

17. What you have expressed yourself giving this massage?

18. Have you noticed the resistence in person during the massage? If so, what part of his body or your contact with her was she involved?

19. Is that the person acquitted? How that happened or did not happen? How do you know?

20. Is that any problems or questions arose for the person during the massage? If yes, how did you respond?

21. Did you get insights during the massage, did you checked with the person?

22. Note anything else that is important to you, how you have covered person, the physical environment, your breathing ...

23. What did you notice about this person before, during and after the massage, either physically or emotionally? What changes have occurred? Be specific.

24. If you regularly work with this person, what would be the focal point of this work?

25. What the person said the massage? Work with breathing?

26. How the person felt after the massage?

27. How did you feel physically or emotionally after the massage?

28. Is that was an enjoyable experience for the person? For you?

29. Is that the person will come back for another massage?

30. Did you get something from that massage?