Before your massage with Mark

Mark Massage Sac | markmassagesac.com | (279) 386-5460

Share only what is relevant to your massage. You may discuss any answer privately with Mark.

Your name

Appointment date

1. What would you like from your session?

2. Which areas should I focus on, and which areas should I avoid?

3. What pressure usually feels comfortable?

- [ ] Light
- [ ] Medium
- [ ] Firm
- [ ] Unsure

4. Any allergies or sensitivities to oils, lotions, scents, or other products?

5. Any relevant injuries, surgeries, painful areas, or movement limits?

Include when they happened and any restrictions your healthcare professional gave you.

6. Has a healthcare professional advised avoiding massage or certain movements?

7. Anything else to help you feel comfortable (covering, position, communication)?

You control your session.

Ask for a pressure change, skip an area, pause, or stop at any time. Tell Mark if anything hurts.

Cancellations

Please give at least 24 hours' notice to cancel or reschedule. No automatic cancellation fee.

Bring this form to your appointment, or discuss your answers with Mark before the session.

This form is for session preparation. It is not medical clearance or a liability waiver.