

WHAT DOES THE PERFECT MESSAGE LOOK LIKE FOR YOU TODAY?

WHAT AREAS WOULD YOU LIKE MASSAGED TODAY?

Select as many as you like:

- | | |
|-------------------------------------|---------------------------------------|
| <input type="checkbox"/> Head | <input type="checkbox"/> Hands |
| <input type="checkbox"/> Neck | <input type="checkbox"/> Face * |
| <input type="checkbox"/> Shoulders | <input type="checkbox"/> Chest * |
| <input type="checkbox"/> Upper Back | <input type="checkbox"/> Glutes * |
| <input type="checkbox"/> Lower Back | <input type="checkbox"/> Upper Legs * |
| <input type="checkbox"/> Upper Arms | <input type="checkbox"/> Lower Legs * |
| <input type="checkbox"/> Lower Arms | <input type="checkbox"/> Feet * |

* Not applicable for chair massage

TABLE HEAT *

Select One:

- ☐ No Heat
☐ Low Heat
☐ Medium Heat
☐ High Heat

* Heat is not applicable for chair massage

PRESSURE

Select One:

- ☐ Light
☐ Medium
☐ Firm

WHAT TYPE OF MUSIC WOULD YOU LIKE TO LISTEN TO?

Select One:

- ☐ Traditional Massage Music
☐ Modern Spa Music
☐ Music & Nature
☐ Relaxing Classical
☐ Instrumental Pop
☐ Instrumental Christian

WOULD YOU LIKE ANY ADDITIONAL SERVICES ADDED TO YOUR MESSAGE TODAY?

Select as many as you like:

☐ Hot Stone Massage * **\$20**

Warms muscles and melts away tension

☐ Dry Brushing * **\$15 | \$5**

Exfoliates skin and improves circulation

- \$15 the first time which includes a natural bristle brush to keep
- \$5 any time after that when you bring back your brush to use for your session

☐ Custom Scalp Massage **\$5**

Decreases tension and helps headaches

☐ Aromatherapy **\$5**

High quality, organic, 100% pure essential oils with no additives or synthetic ingredients.

Select one:

- | | |
|----------------------------------|------------|
| <input type="radio"/> Lavender | Relaxing |
| <input type="radio"/> Eucalyptus | Clearing |
| <input type="radio"/> Lemon | Energizing |
| <input type="radio"/> Orange | Refreshing |
| <input type="radio"/> Tea Tree | Herbal |
| <input type="radio"/> Peppermint | Cooling |

* Dry brushing or hot stone is not applicable for chair massage

WOULD YOU LIKE CONVERSATION DURING YOUR MESSAGE?

Select One:

- ☐ Quiet Please
☐ Conversation is Fine