



Client Consent

SOME IMPORTANT INFORMATION ABOUT INDIAN HEAD MASSAGE.

The purpose of this form is to give you some basic information about Claire's Indian Head Massage sessions. This form is also to acquire your consent to keep your details on file, as well as to provide the massage session.

Contra-Indications

Please read through the [contra-indications consent form](#) carefully and select any that apply to you.

What happens in a session?

At the time of booking, you agree to receive an Indian Head Massage treatment. These sessions are facilitated by Claire Heuclin, a qualified practitioner, for the agreed period of time. Claire will run through any medical conditions with you at the start of the treatment session, as referred to in your contra-indications form. A full massage treatment will involve hands on massage on the back, shoulders, arms, neck, head and face.

What is Indian Head Massage?

Indian Head Massage is a touch therapy designed to release muscular tension and stimulate the flow of blood. An Indian Head Massage should leave you with a calm and relaxed feeling of wellbeing, having allowed the body to slow down and relax. Massaging the scalp, face, neck and shoulders relieves eyestrain, improves concentration, eliminates muscle tension and restores joint movement.

What Indian Head Massage is not.

Complimentary therapies are not substitutes for medical examination, diagnosis, treatment, or medications. Practitioners do not diagnose conditions, nor do they prescribe substances or perform medical treatment, nor interfere with the treatment of licensed medical professionals. It remains the client's responsibility to take care and seek medical treatment when necessary. By agreeing to this consent form, you are agreeing that you are responsible for your own health and that you understand the parameters of the treatments being offered.

How many sessions will I need?

Depending on the outcome of the first session this can be discussed. Some clients need only one session while others desire a course of sessions and subsequent follow-ups for self-care and wellbeing.



Minors (under the age of 18)

If the booking is for a minor, they must be accompanied by their parent or guardian during the treatment.

Data Protection

I understand that privacy is important and offer clients a confidential service. This means that we will not disclose your details or information about your treatment with any outside agency, family members or others, without your written consent.

However, there are certain situations where we may breach confidentiality: if there is a concern that a child is at risk of harm or in cases where the client has expressed they will harm themselves and/or others. In this case, their data will be passed to the relevant authorities. Your data will be stored securely for seven years. A copy of my data protection policy is available upon request. Data protection laws state that you have the right to request a copy of any notes on file and the removal of these notes.

Client Acknowledgement

Having read and understood the above, I request to receive Indian Head Massage. I understand that my practitioner is providing this treatment for me at my request and is not responsible for the outcome of the sessions. I have consented to the use of the services offered by Claire Heuclin of A Little Calmer and agree to be personally responsible for the fees for the service provided.

I understand that an Indian Head Massage Practitioner does not diagnose conditions, nor do they prescribe substances or perform medical treatment, nor interfere with the treatment of a licensed medical professional. I further understand Indian Head Massage is not a substitute for medical examination, diagnosis, treatment, or medications. I also will ensure to update Claire Heuclin of any changes to my condition that are relevant to the treatment. I understand I will be fully clothed during the session (apart from removal of shoes + coat). I understand any information I provide will be used by Claire Heuclin to assess and perform the requested treatment(s).