

Pregnancy Massage

Prenatal Information

How many weeks pregnant are you? _____

When is your baby due? _____

Is this your first pregnancy? Y N

Do you have high blood pressure? Y N

Do you have extreme swelling? Y N

Do you have trouble sleeping? Y N

Do you have gestational diabetes Y N

Are you considered high risk? Y N

Are you carrying multiples? Y N

Have you had any complications? Y N

Did you use fertility treatments? Y N

NOTES:

Postnatal Information

When was your baby delivered? _____

How was your baby delivered? _____

How many weeks pregnant were you at delivery? Y N

Are you experiencing bleeding? Y N

Do you have high blood pressure? Y N

Do you have a fever or infection? Y N

Do you have trouble sleeping? Y N

Do you have postpartum depression? Y N

Are you breast feeding? Y N

Are you able to lie on your stomach? Y N

NOTES:

It is highly recommended that you speak with your health care provider prior to receiving a spa treatment while pregnant. A physician's referral is only required when you have a medical condition that could influence your treatment, if you are considered high-risk, or if you have had complications during your pregnancy. Body treatments are safe to receive during pregnancy.

Postnatal massage is safe to receive after giving birth. If your delivery was induced with medical drugs, if you received an epidural or other pain medications, or if your baby was delivered by C-section, please wait a minimum of two weeks from the delivery date before receiving massage and upon the recommendation of your health care provider. Mud masque treatments are not recommended while you are breastfeeding as the ingredients may affect your breast-milk.