

AROMATHERAPY TREATMENT - CLIENT CONDITION

NAME

DATE

ADDRESS

BIRTH DATE

CONTACT PHONE

ALLERGIES?

IF YOU HAD TO PICK THE WEAKEST SPOT OF YOUR BODY, WHAT PART WOULD IT BE?

DO YOU HAVE

HEPATITIS

DIABETES

ARTHRITIS

SINUS PROBLEMS

COLDS

ASTHMA

HAY FEVER

BRONCHITIS

EPILEPSY

HIGH BLOOD PRESSURE

HEART PROBLEMS

DISEASES

OPERATIONS

MENSTRUAL CYCLES

HOW IS YOUR CIRCULATION?

PMS?

PREGNANCIES

ARE YOU PREGNANT NOW?

EMOTIONAL FEELINGS, MARK WHERE YOU FEEL YOU ARE TODAY

PHYSICAL FATIGUE.....HIGH ENERGY

MENTAL FATIGUE.....ALERTNESS

ANXIETY.....JOY

FEAR.....CONFIDENCE

STRESS.....PEACE

SHY.....OUTGOING

ANGER/FRUSTRATION.....FULFILLED

DEPRESSION.....FEELING POSITIVE

MOOD SWINGS.....EMOTIONAL BALANCE

NOW --- HOW DOES YOUR BODY REACT TO STRESS?

DO YOU GET HEADACHES?

IF SO, HOW OFTEN?

IF SO, DESCRIBE THE MOST COMMON KIND

HOW MANY HOURS DO YOU SLEEP A NIGHT?

DO YOU CONSIDER THE SLEEP YOU GET TO BE "GOOD"?

DO YOU BOUNCE AWAKE, EVEN IF YOU ARE TIRED?

OR -- COULD YOU STAY IN BED FOREVER?

ARE YOUR BOWELS REGULAR?

HOW REGULAR IS REGULAR (HOW OFTEN DO YOU DEFECATE?)

DOES THIS PATTERN CHANGE, DEPENDING ON WHAT LIFE HANDS YOU?

DOES YOUR DEFECATION PATTERN SLOW DOWN (DO YOU GET CONSTIPATED) UNDER STRESS?

DOES YOUR DEFECATION PATTERN SPEED UP (DO YOU GET DIARRHEA) UNDER STRESS?

IF YOU ARE ON AN AUTOMOBILE TRIP, AND THE ONLY AVAILABLE BATHROOM IS REALLY DIRTY -- AND YOU REALLY HAVE TO DEFECATE -- CAN YOU "HOLD IT" UNTIL A CLEANER ONE COMES ALONG? -- OR -- SINCE YOU REALLY HAVE TO GO, YOU USE THE REALLY DIRTY BATHROOM, AND MAKE THE BEST OF IT?

HOW IS YOUR STOMACH?

CAN YOU EAT OR DRINK ANYTHING?

IF YOU CANNOT EAT ANYTHING, WHAT DISTURBS YOUR STOMACH?

DOES HOW YOUR STOMACH BEHAVE DEPEND ON WHAT LIFE HANDS YOU?

DOES YOUR STOMACH STOP WORKING (OR REVOLT ON YOU) UNDER STRESS OR WHEN ANGRY?

DO YOU THROW UP (OR FEEL NAUSEOUS) UNDER STRESS OR WHEN YOU ARE ANGRY?

DO YOU GET ACID "GRINDING" UNDER STRESS OR WHEN YOU ARE ANGRY?

WHAT MEDICATIONS ARE YOU CURRENTLY TAKING?
FOR BLOOD PRESSURE?

HORMONES?

NUTRITIONAL SUPPLEMENTS?

TECIA RYAN - PRESCRIPTIVE AROMATHERAPY
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WELCOME TO A NEW OPPORTUNITY TO HEAL

As my client, you are taking responsibility for the health and healing of your own body.

One way toward health involves aromatherapy - the use of essential oils and other plant extracts.

I will act as your advisor and consultant to guide you as you achieve the health you desire.

Aromatherapy is an ancient tradition. Research on essential oils has been extensive and continues to mount. Recommendations for use of the essential oils and how they are used in therapy continue to evolve. Application of the oils to the body involves many methods.

Safety in use is a primary concern.

Your body has its own way of reacting and sometimes will surprise you. Listening to its messages is one of the best ways you can guide yourself back into balance. Please report back "how I feel" and "when I felt that". These messages are important reactions and helpful in making changes in your therapy.

Tecia Ryan, Aromatherapist

I understand that I am taking responsibility for the health and healing of my own body.
Aromatherapy can help me to gain the health I am seeking.

Name (please print)

Date

Signature