

## Aromatherapy Intake Form

Name: \_\_\_\_\_ Date of Birth: \_\_\_\_\_

Emergency Contact: \_\_\_\_\_ Phone # \_\_\_\_\_

**Please read all of the information thoroughly as there are some conditions in which essential oils should not be used, due to contraindications or possible side effects.\* Please verify that any of your medications and/or medical conditions, do not interact with the essential oil of your choice. We can perform a patch test on your forearm before your session begins to check for any irritation or reaction. If you would like a patch test, please ask your therapist. Choose one of the following essential oils to compliment your session today:**

**1. Lemongrass** has a refreshing, citrusy aroma with a hint of earthy undertones. It is beneficial for:

- Boost confidence
- Depression
- Fever, Cold & Cough
- Exhaustion
- Stomach ache & Intestinal Spasms
- Achy Muscles and Joints
- Relieve Stress, Anxiety, Depression & Irritability
- Lower Blood Pressure

\*Do not use if you are a child, pregnant, breastfeeding or trying to get pregnant, have diabetes, hypoglycemia, liver disease, kidney disease, or plan to be in the sun for the next 12 hours.

**2. Lavender** has a calming, floral scent. It is the most popular essential oil used today and has a host of benefits! It is beneficial for:

- Relieve Stress
- Insomnia & Restlessness
- Asthma & Respiratory problems
- Depression & Anxiety
- Relieve Muscle & Joint Pain
- Stomach Problems, Menstrual Cramps, & Hormonal Imbalance
- Psoriasis & Eczema
- Burns, Acne, Wounds & Itchy Skin
- Lower Blood Pressure

\*Do not use if you are a child, pregnant, breastfeeding or trying to get pregnant.

**3. Eucalyptus** has a strong, clean aroma that will definitely open up your airways. It is beneficial for:

- Asthma
- Sinus Pain & Inflammation
- Respiratory Infections & Cough
- Exhaustion & Mental Sluggishness
- Increase Blood Flow to the Brain
- Pain Relief

Speeding up the healing of wounds and insect bites

\*Do not use if you are a child, pregnant, breastfeeding, trying to get pregnant, have epilepsy or any other seizure disorder, diabetes or high blood pressure.

**4. Orange** has a sweet, fruity scent reminiscent of the fruit. It's sure to energize and lift your mood almost immediately! It is beneficial for:

- Relieve Anxiety, Anger & Depression
- Detoxify the Body (Stimulates Lymphatic System) & Boost Immunity
- Improve Digestion & Relieve Constipation
- Nourish Dry, Irritated & Acne Prone Skin
- Promotes Feelings of Happiness & Warmth

\*Do not use if you are a child, pregnant, breastfeeding, trying to get pregnant, have epilepsy or any other seizure disorder, or plan to be in the sun for the next 12 hours.

**5. Spearmint** has a sweet, minty aroma that is quite refreshing. It is a gentler mint than most, but has many of the same benefits. It is beneficial for:

- Digestive Conditions, Menstrual Cramps & Nausea
- Headaches & Migraines
- Fatigue
- Relieve Muscle Pain
- Respiratory Problems
- Stimulate Nerves, Brain Function and Blood Circulation

\*Do not use if you are a child, pregnant, breastfeeding or trying to get pregnant, have liver or kidney conditions.

\*\*Additional information that I feel my therapist should be aware of:

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I understand that essential oils will only be used topically and in proper diluted form. I have thoroughly read and acknowledge that I do not have any conditions contraindicated for the use of essential oils. I am not taking any medication nor do I have any medical conditions that may cause an interaction with essential oils. I acknowledge that I have the option to do a patch test today on my forearm prior to my treatment. I affirm that I have stated all my known medical conditions honestly. I agree to keep the therapist updated as to any changes in my medical profile and understand that there shall be no liability on the therapist's part should I fail to do so.

Client Signature \_\_\_\_\_ Date \_\_\_\_\_