



New Seattle Massage

4519 ½ University Way NE
Seattle, WA 98105

Name: _____ Age 18 or over: ____ Yes ____ No

Contact Phone: _____ (Home) (Work) (Cell)

Emergency Contact: _____ Phone: _____

Optional: We publish a monthly newsletter and occasionally send out other promotional offers by email. To receive this information, check the box below and fill in your email address. New Seattle Massage will not sell your information or share it with any other person or company for commercial purposes.

Yes, send me your e-newsletter and notices of discounts or other promotions

Email Address: _____

How did you hear about us? _____

USING THE SAUANA AND STEAM

- Change clothes in one of the bathrooms or shower spaces, not in the resting area.
- Wear a bathing suit or stay wrapped in a towel while using the sauna and steam facilities.
- Be sure to drink plenty of water—it helps your body to flush, cleanse and re-hydrate.
- Shower first—for cleanliness and to open your pores.
- Use care in entering and exiting the steam room, sauna and showers; it can be slippery.
- Take breaks to cool off between times in the sauna or steam.
- Maintain a quiet, tranquil environment by turning off cell phones and limiting conversation.
- Do not drink alcohol before using the sauna or steam room.
- Please, no sexual inferences or behavior.
- Do not ask to use the sauna or steam when you have any condition that could be spread to others. This includes colds or flu in the early stages and whenever you have a fever.
- If you are pregnant, have high blood pressure or a history of heart disease, obtain a doctor’s signed release before requesting to use the steam and sauna.
- Minors under the age of 18 must be accompanied by a parent or legal guardian. No minor under the age of five years old will be admitted without a doctor’s release.

I have read and agree to the above conditions:

Client Signature or Parent/Guardian Signature if client is a minor

Date