



Restore HER Wellness Spa
HOLISTIC INTAKE FORM

(All Information is Confidential)

*** Please be aware that you CANNOT Yoni (Vaginal) Steam if you are menstruating. If you have an IUD inserted. If you are pregnant. If you have vaginal piercings. If you have shaved, waxed or removed vaginal hair within 24 hours. If you had penetrative sex within 4 hours. If you have swelling, open sores or blisters. ***

NAME _____ AGE _____ DOB _____ HEIGHT _____ WEIGHT _____

ADDRESS _____

TELEPHONE _____

EMAIL ADDRESS _____

EMERGENCY CONTACT INFO: _____

MARITAL STATUS if any _____ How many TIMES? _____

ARE YOU A MOTHER (How many?) _____ GRANDMOTHER (How many?) _____

What is your primary reason for seeking womb care services today?

PLEASE CHECK ALL CONDITIONS & SYMPTOMS OF YOUR WOMB:

____ Endometriosis ____ Menopause ____ Infertility ____ PMS ____ PID ____ Herpes (please inform practitioner)

____ Polycystic Ovaries ____ Prolapsed Uterus ____ Fibroids ____ STI ____ UTI ____ Pain ____ STD

____ Hysterectomy

BIRTHING HISTORY:

Currently Breastfeeding _____ Pregnant _____ Number of Pregnancies: _____ Live births: _____

C-Sections: _____ Ectopic Pregnancy/number: _____ Still births: _____ Miscarriages _____

Abortion/s number: _____

MENSTRUAL HISTORY:

Do you have a menstrual cycle? _____ Length of Cycle _____ Irregular
Cycle _____

Cramping? (Mild, moderate or severe) _____ Heavy Bleeding? _____ Clotting?

Headaches? _____ Which brand of sanitary pads or tampon do you use? _____

BIRTH CONTROL HISTORY:

What forms of birth control have you taken? _____

Are you currently on birth control? _____ If so, what? _____ How long?

RELATIONSHIP HISTORY: Are you currently in a relationship? _____ If do, how long? _____

Is there any abuse (physical, emotional, mental, financial) _____ Are you happy? _____

SEXUAL HISTORY:

Number of Sexual Partner/s _____ Sexually Active _____ Last Date of Sexual Activity _____

Rape: _____ Molestation: _____ Domestic Violence: _____

How do you feel about sex? _____

Do you enjoy it? _____ Is it painful? _____ Have you experienced orgasm? _____ How often? _____

*** Please be aware that you CANNOT Yoni Steam if you have an IUD or are pregnant. ***

PLEASE CHECK ANY MENTAL DISCOMFORT YOU ARE EXPERIENCING:

Anxiety Excess Stress Headache Consistently Frustrated/Annoyed Insomnia
Depressed Anger Grief/Sadness Compulsive Hyperactive Hypertension
Confused Unfocused Indecisive Lack of Energy Memory Trouble High Blood Pressure

NUTRITION:

What is a normal breakfast for you, please explain?

What is a normal lunch for you, please explain?

: _____

What is a normal dinner for you, please explain?

: _____

What is your dietary goal? Are there patterns or aspects of your current diet that you would like to change?

Any allergies to foods, medications, herbs or herbal aromas?

Are you currently taking any medications? If so, what? \

Any history of substance or alcohol abuse? If so, what?

EMPLOYMENT

Employed as or work from home: _____ Hours: _____

Days off: _____

What do you enjoy about what you do?

HOBBIES

What are your hobbies & creative interests?

EXERCISE

How often do you exercise? _____ What kind/s of exercise do you do?

If you exercise very little, what exercises would you like to begin doing & how often?

What goals would you like to establish from your Yoni Steaming experience?

What is your relationship with your womb? How do you feel about your womb at present?

Please note that all personal information that you share with Restore HER Wellness Spa LLC is confidential and will be regarded as personal secure information, and is viewed with the highest love, regard and respect. We are not medical physicians. We do not cure, treat, prescribe or diagnose illness or disease. We are holistic wellness consultants.

Client Signature _____ Date _____



Acknowledgement & Release from Liability

Thank you for contacting and choosing Restore HER Wellness Spa LLC for your holistic Womb Wellness services. To facilitate your services, it is important that you read and understand the following conditions:

Restore HER Wellness Spa LLC and its constituents do not diagnose, treat, cure, claim to cure, or prevent any disease. We are NOT physicians and therefore do not diagnose or treat disease, or prescribe drugs.

As a Restore HER Wellness Spa LLC Practitioner and Holistic Health Care Provider, our Holistic Health Services are solely for the purpose of helping the client to attain and maintain optimum health. At all times your healing is your responsibility. It is our belief that when given the proper nutrition, and nourishment mentally, physically and spiritually, the body can heal itself. Services provided through Restore HER Wellness Spa LLC are not to be substituted for a physician's advice. Restore HER Wellness Spa LLC services are complimentary holistic healing alternatives are supplemental and are completely elective.

You hereby request consent to receiving steaming care and other holistically related healing modality services from Restore HER Wellness Spa LLC. These services include and are not limited to support of the changing womb, regaining balance, energy healing, crystal therapy, self-care instructions, womb stimulation, fertility enhancement, sexual trauma release, sound therapy, clay detox, aromatherapy, nutrition and lifestyle consultations. You are required to advise your Restore HER Wellness LLC Practitioner of any conditions, including Pregnancy, physical disabilities, (such as back injuries) or past/recent surgeries. Clients are also required to notify Practitioner of conditions that are contagious that may prevent you from receiving our services now. Client is responsible to inform your Practitioner if at any time during your care you experience any pain or discomfort.

You have been advised of the possible benefits of receiving Yoni (Vaginal) Steams including but not limited to weight loss, pain management, stress relief, cleansing and detoxing, strengthening and toning of the uterus and the reduction of the severity of certain conditions and dis-ease. Restore HER Wellness Spa LLC reserves the right to terminate or refuse its services to any person posing a health risk, and/or safety threat and/or for any inappropriate behaviors.

You are required to pay for all services provided by Restore HER Wellness Spa LLC prior to your session. You may pay by cash, money order or credit card. You are hereby advised that all records rendered by Restore HER Wellness Spa LLC concerning your care are kept confidential and will not be released by Restore HER Wellness Spa LLC or its providers without your written consent, unless otherwise required by law.

I hereby acknowledge that I have read this Acknowledgement and Release from Liability form and fully understand the nature of the services being provided and freely agree to receive service. I release Restore HER Wellness Spa LLC and its Practitioners, on behalf of myself from medical claims of malpractice, non-disclosure, or lack of informed consent. I freely assume all risks of the services provided presently or hereafter.

In signing below, you agree Restore HER Wellness Spa LLC are holistic health care and wellness providers and to the above disclaimer release any liability and give permission and authorize Restore HER Wellness Spa LLC is to work with you to provide you with their complimentary holistic health and wellness services.

Client Signature _____ **Date** _____

Practitioners Signature _____ **Date** _____



214.644.9153

RECOMMENDATIONS FOR FOLLOW-UP

HERBS: (Yoni Womb Teas/Herbal Recommendations)

STEAM CARE: (Weekly-intensive treatment) (monthly wellness care)

FOLLOW-UP (next appointment/day & time)

NUTRITIONAL ADVISEMENT:

CRYSTAL THERAPY: (Recommended crystal for meditation and to wear on the body)

SELF CARE ADVISEMENT:

Note: This information may not cover all possible claims, uses, actions, precautions, side effects or interactions. It is not intended as medical advice, and should not be relied upon as a substitute for consultation with your primary physician who is familiar with your medical situation. On behalf of Restore HER Wellness Spa LLC we are honored to serve you and affirm the highest in your experience.

