



# THE HEALING SPA

restorative naps & holistic wellness therapies

## Intake & Progress Form

Congratulations on choosing to use the EE System at The Healing Spa in Brunswick, Maine

Before your Healing Spa restorative session, we highly recommend that you do a self-assessment so you can track your own progress. Print this document and keep it on hand. Rate yourself before you take your restorative nap and again a few days after your session. Repeat each time you visit The Healing Spa.

### Pre-Session

Use a scale of 1-10: 1 is no pain and "I feel normal" and 10 is "This is terrible!"

SYMPTOMS	DATE/RATE	DATE/RATE	DATE/RATE	DATE/RATE	DATE/RATE
Back Pain					
Digestive Issues					
Foot/leg Pain					
Headaches					
Inflammation					
Joint Pain (knees, hips, back)					
Kidneys					
Lethargy/lack of physical energy					
Sciatica					
Other _____					

## Post Session

Evaluate and rate yourself a few days after your restorative session. Please keep in mind there will most likely be a detox period to get rid of toxins in your organs and joints so please be patient with yourself. We suggest you take a detox bath.

Use a scale of 1-10: 1 is no pain and "I feel normal" and 10 is "This is terrible!"

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Please use this section to write comments as you record your progress.