

Aromatherapy/ Essential Oil Consent Form

High quality oils may be used in a session, when appropriate, to enhance and assist in relaxation

Aromatherapy is not suitable for everyone. Please review the list of contraindications below. If any of these conditions apply to you, caution will be taken to avoid oils that may be harmful to your condition. With some conditions, essential oils should be avoided altogether.

Contraindication	Circle One		If yes, please give details
Allergies	Yes	No	
Asthma	Yes	No	
Cancer, chemotherapy or radiation treatments	Yes	No	
Epilepsy	Yes	No	
Heart problems/ conditions	Yes	No	
Inflamed Skin Conditions/ Skin Allergies	Yes	No	
Hypertension	Yes	No	
Pregnancy	Yes	No	

Oils commonly used in sessions

Essential Oil/Combination	Circle One			Comments (love it/ dislike it/ triggers negative emotions/ I find it relaxing...)
Rosemary & Spearmint	Yes	No	Not Sure	
Lavender	Yes	No	Not Sure	
Lemongrass	Yes	No	Not Sure	
Eucalyptus	Yes	No	Not Sure	
Peppermint	Yes	No	Not Sure	
Bergamot	Yes	No	Not Sure	

Do you have any preferences/ requests regarding aromatherapy?

If you have any doubt that aromatherapy is safe for you, please check with your doctor before receiving this modality.

I have read the above written information about the possible contraindications to aromatherapy.

Client Signature	Date
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