

JANET THORNTON

Aromatherapist

18, Paston Lane, Peterborough, Cambridgeshire, PE4 6HB.

Telephone: 07795 483 462

E-mail: info@janetthornton.co.uk

Website: www.janetthornton.co.uk



My name is Janet Thornton. I am an ITEC fully qualified Aromatherapist, I am also a VCTC qualified Swedish Massage Therapist.

Aromatherapy massage is the ancient art of applying an essential oil blend to the skin using special hand techniques. The process helps with relaxation, to loosen tight muscles, unblock tissues and is soothing to the nervous system. Essential Oils are selected for compatibility with your skin type, your health and also your needs. They moisturise the skin, offer a wonderful aroma and help to produce new skin cells. Aromatherapy massage is a gentle form of massage.

Swedish massage is the working of superficial and deeper layers of muscle and connective tissue using various techniques, to enhance function, aid in the healing process, and promote relaxation and well-being. General base oils or lotions are used for the treatment.

The following form refers to a client under your care.

Name:

Address:

The above client has indicated that he/she may have possible contra-indications, but is very keen to have an Aromatherapy/Massage treatment. This will help with general wellbeing. In order for treatment to proceed, I need to verify that your patient is able to undergo an Aromatherapy/Massage treatment. It would be greatly appreciated if you could give your approval for treatment, plus an indication of any necessary precautions. Many thanks for your co-operation.

If you require further information about treatments, please contact me on: 07795 483462 or email me at: info@janetthornton.co.uk.

Doctor's Notes *(please continue overleaf if you need more room):*

Doctors Signature:

Doctors Address/ Practice Stamp:

Date: