

APPLICANT MASSAGE JOURNAL

Applicant's Name: _____

Date of Massage: _____

As part of the American University of Healing Arts School of Massage Therapy Application process, we require that you receive at least one full-body Swedish massage from a AUHA graduate. This ensures that you will have first-hand knowledge of the massage work taught in our program.

If you would like the names of professional massage therapists in your area, please contact AUHA for referrals.

After you receive the massage, please answer the following questions. Feel free to write on the reverse side of this form or attach additional sheets if you require more space.

1. How did you feel prior to the massage?
2. Please describe what you experienced during the massage.
3. What did you like best/least about the massage?
4. What physical, mental, and emotional responses did you notice during the massage?
5. What did you learn about yourself from this experience?

APPLICANT'S SIGNATURE: _____

Massage Practitioner's Name (Please Print): _____

Massage Practitioner's Signature: _____