

PA Licensed Massage - Aromatherapy Questionnaire

Aromatherapy is a form of alternative medicine that uses essential oils and other aromatic compounds from plants for the purpose of affecting a person's mood or health.

Emotional and Psychological Well-Being

Rank yourself 1 - 10 (1 = do not struggle with, 10 = daily struggle)

Anger (expressed, verbal or physical)	1	2	3	4	5	6	7	8	9	10
Anger (unexpressed, internal)	1	2	3	4	5	6	7	8	9	10
Anxiety	1	2	3	4	5	6	7	8	9	10
Apathy	1	2	3	4	5	6	7	8	9	10
Depression	1	2	3	4	5	6	7	8	9	10
Suicidal Emotions or Tendencies	1	2	3	4	5	6	7	8	9	10
Insomnia	1	2	3	4	5	6	7	8	9	10
Lethargy (can't get motivated)	1	2	3	4	5	6	7	8	9	10
Digestive Trouble	1	2	3	4	5	6	7	8	9	10
Fear	1	2	3	4	5	6	7	8	9	10
Grief	1	2	3	4	5	6	7	8	9	10
Lowered Self-Esteem	1	2	3	4	5	6	7	8	9	10
Loss/Death	1	2	3	4	5	6	7	8	9	10
Mental Stress	1	2	3	4	5	6	7	8	9	10
Calming	1	2	3	4	5	6	7	8	9	10
Physical Pain	1	2	3	4	5	6	7	8	9	10
Oversensitivity/Irritability	1	2	3	4	5	6	7	8	9	10
Spiritual Protection	1	2	3	4	5	6	7	8	9	10
Stress (overall)	1	2	3	4	5	6	7	8	9	10

Major Organ and Meridian Emotions

Do you have a hard time dealing with sadness or passiveness?	Yes	No
Have you been trying too hard or pretending everything is ok?	Yes	No
Do you struggle with worrying or obsessing (about anything)?	Yes	No
Do you frequently struggle with anger, resentment, bitterness?	Yes	No
Do you have a tendency to live in or struggle with fear?	Yes	No
Do you feel you have a daily struggle with any/all these emotions?	Yes	No

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Physical Symptoms or Ailments

Please check all you have experienced in the last 30 days

- Headache
- Constipation or loose bowels
- Stomach upsets or indigestion
- Pains in chest or heart
- Fatigue
- Tendinitis
- Nervousness
- Poor appetite
- Soreness in muscles
- Nausea
- Faintness/Dizziness
- Feeling of cold hands/feet
- Chapped skin
- Immunity problems
- Respiratory problems
- Cellulite