

# Pre-Appointment Checklist for Spa Services

Dear [Client's Name],

We are excited to welcome you to [Spa Name] for your upcoming appointment! To ensure you have the best experience possible, please review the following checklist before your visit:

## Pre-Appointment Checklist:

- Confirm your appointment date and time.
- Arrive at least 15 minutes early to fill out any necessary forms.
- Wear comfortable clothing that is easy to change in and out of.
- Hydrate well before your appointment.
- Avoid heavy meals and alcohol prior to your visit.
- Discuss any allergies or medical conditions with your therapist.
- Take a moment to relax and clear your mind before arriving.

If you have any questions or need to reschedule, please feel free to contact us at [Spa Phone Number or Email].

Looking forward to seeing you!

Warm regards,

[Your Name]

[Spa Name]

[Spa Contact Information]