 **Please read before your appointment**

**What is reflexology?**

Reflexology is a holistic practice performed primarily on the feet but sometimes the hands. A reflexologist will apply pressure to various points that correspond to different areas of the body. This ancient practice is believed to have multiple benefits including reducing stress, aiding digestion and promoting better sleep. Reflexology stimulates circulation and is thought to promote detoxification.

**What to expect from my reflexology session?**

Your reflexology session will begin with a brief intake followed by a foot soak to warm the tissue, stimulate blood flow. Next, the reflexologist will begin by gently massaging the lower legs and feet. This will help you to relax and prepare for the reflexology sequence to follow.

**What you need to know**

A reflexologist is not a doctor and will not diagnose or treat specific illnesses. Reflexology is not a substitute for medical treatment.

Who should not get reflexology?

IMPORTANT! Reflexology is not for everyone. If you have been diagnosed with any of the following please see your doctor before booking an appointment. If you are pregnant, have circulatory and cardiac conditions, gout, varicose veins, blood clots or a history of blood clots, foot injuries such as sprains, strains and fractures, skin conditions such as blisters, open cuts or sores, bruises, warts, athletes foot. You may require written permission from your doctor if you severe cardiovascular conditions such as hypertension, thrombosis, phlebitis or cancer. If you are under the influence of alcohol or recreational drugs or are currently sick with any form of infection please reschedule your appointment

I, \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_, (client) understand that Reflexology is intended to enhance relaxation, reduce muscle tension and offer comfort and a positive experience of touch. The general benefits, possible contraindications and the treatment procedure have been explained to me. I understand that reflexology not a substitute for medical treatment and that it is recommended that I work with my medical physician for any conditions I may have. I am aware that the reflexologist does not diagnose illness or disease. I accept responsibility for any contraindications or complication that may result. I have informed the practitioner of all my known physical conditions, medical conditions and medications, and I will keep them updated on any changes. I understand that there shall be no liability on the practitioner’s part due to my forgetting to relay any pertinent information. If I experience any pain or discomfort during the session, I must immediately communicate that to the therapist so the treatment can be adjusted. I have reviewed the policies, and I understand them and agree to abide by them. I acknowledge that with any treatment there can be risks and I assume those risks.

Signature \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Date \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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