



CLIENT INFORMATION

Today's Date _____

Name _____ Email _____

Street _____ City _____ State _____ Zip _____

Phone # _____ Date of Birth _____ Occupation _____

In Case of Emergency, Please Notify:

Name _____ Relationship _____ Phone # _____

For women, are you pregnant? ☐ No ☐ Yes If yes, how far along? _____

Have you ever had Reflexology before? ☐ No ☐ Yes If yes, when? _____

What benefits do you hope to attain from Reflexology? _____

How would you rate the present state of your health? (Check one) ☐ Good ☐ Fair ☐ Poor

How many servings of whole, raw fruits and vegetables do you consume per day? _____

Are you currently under a doctor's care? ☐ No ☐ Yes Please explain: _____

Do you have any other current medical conditions? _____

What symptoms are you experiencing? _____

Are you taking any medications? ☐ No ☐ Yes If so, for what? _____

On a scale of 1-10, rate your level of: _____ Stress _____ Pain _____ Energy

Where is tension most evident in your body? _____

Are you experiencing any problems with your feet? ☐ No ☐ Yes Please explain: _____

Are you sensitive to touch? ☐ No ☐ Yes Preferred level of pressure: ☐ Light ☐ Med ☐ Firm

Are you allergic or sensitive to any oils (essential oils, scents)? List: _____

Do you have any questions about the session to be performed today? ☐ No ☐ Yes

How did you hear about Sole Healing Reflexology? _____

The above information is true to the best of my knowledge. I have stated all my known medical conditions and take it upon myself to keep the Reflexologist updated on my physical health.

Client Signature

Date

DISCLAIMER FORM

TO THE CLIENTS OF REFLEXOLOGY

What is Reflexology?

Reflexology is a natural, non-invasive, complementary therapy that treats the whole body through the stimulation of reflex points located on the feet. Reflexology works with the body's energy flow to assist its own natural healing process. By applying pressure to specific areas of the feet which correspond to all parts, glands and organs of the body, Reflexology stimulates nerve pathways and improves the flow of blood and lymphatic fluids, helping the body to restore and maintain balance. Reflexology is an effective preventative therapy for maintaining health and well being, as well as a way to assist in relieving a multitude of health challenges.

Can Reflexology cure disease?

Reflexology is a unique modality in the alternative health field which promotes better health and well-being. Reflexology allows the body, mind and emotions to relax, thereby helping achieve homeostasis. The body heals itself, guided by its own innate wisdom and processes, rather than by the reflexologist directing the healing process. Reflexology is not intended to replace conventional medical care.

I know and understand the following:

- ☐ A Reflexologist is NOT a medical doctor.
- ☐ A Reflexologist does not practice medicine.
- ☐ A Reflexologist does not diagnose, treat or cure any specific illness.
- ☐ A Reflexologist does not prescribe or adjust medication.
- ☐ The client has the freedom of choice to accept or reject the session in whole or in part either before or after the session begins.
- ☐ Because a reflexologist should be aware of existing physical conditions, I have stated all my known medical conditions and take it upon myself to keep the reflexologist updated on my physical health.

My signature gives consent for the session and acknowledges that reflexology is not a substitute for medical examination or treatment. It is recommended that I see a physician for any physical ailment that I might have. If I have been diagnosed by a licensed health professional as having any disease, injury or other physical or mental condition, I understand that I should inform the person who made the diagnosis about the treatment I will be receiving and whether or not I intend to discontinue any treatment or therapy which has been previously ordered, prescribed or recommended by a licensed health professional. I understand that by discontinuing any such treatment or therapy, I assume responsibility for any negative outcome resulting from discontinuing that treatment or therapy.

Print Name

Client Signature

Date

REFLEXOLOGY IS NOT A SUBSTITUTE FOR MEDICAL CARE. IF YOU ARE EXPERIENCING ANY SPECIFIC MEDICAL PROBLEM AND HAVE NOT SEEN YOUR MEDICAL DOCTOR, IT IS RECOMMENDED THAT YOU DO SO TODAY.