



Reflexology Intake

Name: _____ Date of Birth: _____

Address: _____

Home Phone: _____ Cell: _____ circle preferred (H) or (C)

Email: _____

Emergency Contact: _____ Phone: _____

Referred By _____

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

Health issues, concerns or complaints: _____

For women, are you pregnant? **Y** **N**

If yes, how many weeks? _____

Are you experiencing any problems with your feet? If so, what?

Circle any of the following conditions that you currently have, or have experienced in the past:

Open Wounds Athletes Foot Plantar Warts Bunions Surgery

Where is tension most evident in your body? (i.e. neck, shoulders, stomach)

Have you ever had a reflexology session before? **Y** **N**

What are your expectations from the session? _____

Circle which is the best description for you in each category:

- Blood pressure: High Normal Low
- Headaches: Never Occasionally Reoccurring
- Energy: High Normal Low
- Mindfulness: Never forgetful Sometimes forgetful
- Stress Level: High Normal Low
- Digestive: No problems Occasional issues Constant issues
- Bowels: No problems Occasional issues Constant issues
- Sleep Pattern: sleep well Occasional issues Constant insomnia
- Exercise: Regularly Sometimes Never

To the Clients of Reflexology, you need to know that:

1. I am not a doctor.
2. I do not practice medicine
3. I do not diagnose or treat for a specific illness.
4. I do not prescribe or adjust medication
5. Reflexology is not a substitute for medical treatment, but is a complement to most types of therapy.

What is Reflexology?

Reflexologists believe the entire body is mirrored on the feet and hands. Foot and hand reflexology is a scientific art based on the premise that there are zones and reflex areas in the feet, and hands, which correspond to all body parts. The physical act of applying specific pressures using thumb, finger, and hand techniques results in stress reduction, which causes physiological changes in the body. A primary benefit of reflexology is relaxation. Relaxation through reflexology may help the body to balance any kind of stress it is experiencing.

What does Reflexology do?

1. Reflexology promotes balance and normalization of the body naturally.
2. Reflexology reduces stress and brings about relaxation.
3. Reflexology stimulates circulation and the delivery of oxygen and nutrients to the cells

Contract for Services

By signing this form, I give my consent to a Reflexology session. I understand I may discontinue a session or sessions at any time. If I have been diagnosed by a licensed health professional as having any disease, injury or other physical or mental condition, I understand that reflexology sessions are not a substitute for any treatment or therapy previously ordered, prescribed, or recommended by that health professional.

Signature: _____ Date: _____

Parental Guardian (if under 18): _____ Date: _____