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Client Information and Consent for Reflexology Sessions

Please note the following:

1. I am not a medical doctor.
2. I do not practice medicine.
3. I do not diagnose or treat any specific illness.
4. I do not prescribe or adjust medications.

What is Reflexology?

Reflexologists believe the entire body is reflected in the ears, feet, and hands. Reflexology is a scientific art based on the principle that specific zones and reflex areas in these parts correspond to all body systems and organs. By applying specific pressures using thumb, finger, and hand techniques, reflexology aims to reduce stress, which may result in physiological changes in the body.

One of the primary benefits of reflexology is relaxation, which may help the body adapt and respond to stress more effectively.

What Does Reflexology Do?

1. Reflexology has been used to promote balance and natural normalization of the body.
2. Reflexology has been used to reduce stress and fosters relaxation.

Important Information:

Reflexology is not a substitute for medical examination, diagnosis, or treatment. If you have any physical or mental health concerns, it is essential to seek care from a qualified medical professional.

Consent and Acknowledgment:

- By signing this form, I give my consent to receive reflexology sessions.
- I understand that I may discontinue the session at any time.
- If I have been diagnosed with a medical condition by a licensed health professional, I understand it is my responsibility to inform them about my reflexology sessions.
- If I choose to discontinue any prescribed treatments or therapies, I acknowledge that I assume full responsibility for any outcomes resulting from that decision.

Signature: _____

Printed Name: _____

Date: _____

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