Studio name _____

Reflexology consent

This takes about two minutes. Your answers stay with the practice.

About you

Your name
First name

Last name

Date of birth (MM/DD/YYYY)

Phone

Email

Emergency contact

Your visit

What would you like from today's session?

Which areas?

☐ Feet ☐ Hands ☐ Ears

Health questions

Please answer every question so your practitioner can plan your session around your health. These questions aren't medical advice, so check with your doctor about anything you're unsure of.

Do you have any of these on your feet or hands today? Choose all that apply.

☐ Cuts, blisters or open sores ☐ Athlete's foot, a nail fungus or warts

☐ A recent sprain, fracture or surgery ☐ Gout or a swollen joint ☐ Numbness or loss of feeling

☐ None of these

Reflexology consent

Do you have any of these? Choose all that apply.

☐ High blood pressure ☐ A heart condition ☐ Blood clots or deep vein thrombosis, now or in the past

☐ Varicose veins ☐ Diabetes ☐ Cancer, now or in the past ☐ Osteoporosis ☐ Arthritis

☐ Epilepsy or seizures ☐ Fibromyalgia ☐ Numbness or tingling anywhere

☐ Frequent headaches or migraines ☐ A skin condition, rash or open sore

☐ An implant, such as breast implants or a pacemaker ☐ None of these

Are you pregnant, or could you be?

☐ Yes ☐ No

Do you take any medicines, including pain relievers or muscle relaxants?

☐ Yes ☐ No

Which ones?

Are you allergic or sensitive to any oils, lotions, nuts, latex or scents?

☐ Yes ☐ No

What are you allergic to?

Do you have a fever, a cold, or anything contagious today?

☐ Yes ☐ No

What you agree to

What reflexology is

I understand reflexology is pressure work on the feet, hands or ears. It isn't a medical treatment, my practitioner doesn't diagnose conditions, and the practice makes no claim about health results.

Initials ☐

Areas we skip

My practitioner works around cuts, sores, swelling or recent injuries, and may move to my hands if my feet can't be worked on today.

Initials ☐

Speaking up

I'll say if the pressure is too much or a spot is tender, and I can stop the session at any time.

Initials ☐

Paying for your session

I understand this practice is cash-pay. It doesn't bill health insurance, and I pay for each session myself.

Initials ☐

Respect

I understand the session is professional and nonsexual. Any sexual comment or behavior ends the session at once, and I'm still charged for it.

Initials

My answers

My answers are true and complete. I'll tell my therapist before each session if my health or medicines change.

Initials

Booking policy

Your deposit or card holds your appointment, and a deposit comes off the price of your session. To move or cancel, give at least 24 hours' notice. A missed appointment or a late cancellation is charged the amount the practice shows when you book.

Initials

the studio uses your health answers only to do your appointment safely and to keep the records the law requires. They are never used for marketing or sold. They are stored encrypted, and every time someone at the studio opens them it is logged.

Your signature

Date

Printed name