

South county REFLEXOLOGY

SouthCountyREFLEXOLOGY.com
401.336.6693

Client History

Name:

Date:

Address:

City/State/Zip:

Phone (home):

Phone (Cell):

Email:

Date Of Birth:

1. How would you rate the present state of your health?

- Excellent
- Good
- Fair
- Poor

2. Are you currently under a doctor's care? If so, explain

3. For women, are you pregnant?

- Yes
- No

If yes, how long?

4. List other therapies besides conventional medicine in which you are currently participating:

5. Are you taking any medications?

If so, please list:

6. List Previous major illnesses, accidents, surgeries or broken bones:

7. Are you experiencing any problems with your hands or feet?

- Yes
- No

If yes, please explain:

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

9. Do you have any Allergies? (If yes, explain.)

10. Do you have any Blood Clots? _____

11. Why are you trying reflexology?

12. Have you ever had a reflexology session before?

- Yes
- No

If yes, when, where and how often?

13. Name of referring person:

14. Do you have anything going on that Claudia should be aware of?

Contract For Services

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 may be a complement to most types of therapy.

What is Reflexology?

Reflexology is a method of manual techniques, such as thumb and finger-walking, hook and backup, and rotating-on-a-point. These manual techniques are applied to specific reflex areas involving reflex maps resembling the human body found predominately on the feet and hands. The techniques applied stimulate the complex neural pathways linking body systems and supporting the body's effort to function optimally.

There are 26 Bones (28, if you include the 2 sesamoid bones.), 7000 nerve endings, over 100 ligaments, 12 tendons, and 20 muscles that form each foot.

What does reflexology do?

- Reflexology promotes stress reduction throughout the entire body, bringing about relaxation.
- Reflexology naturally promotes balance and normalization of the body through the relaxation process.
- Reflexology stimulates circulation and the delivery of oxygen and nutrients to the cells.

What is Reiki?

Reiki is a form of Holistic Healing developed by Mikao Usui in 1922, originating in Japan. Reiki is Universal Energy. Using a hands-on healing technique universal energy is transferred from the practitioner to the client encouraging energetic and physical release from within.

During this Reiki Session, you are fully clothed. Please wear something that you feel comfortable in and please wear socks! For example, sweatpants and a t-shirt would be wonderful. During this Reiki Session, you have the option of receiving on a massage table, in a supported asana, or any space that may speak to you.

What does Reiki do?

- Promotes Balance
- Relaxation
- Stress Reduction
- Clarity
- Improves Sleep Patterns
- Reduces Pain and Inflammation

By Signing this form, I agree to a reflexology/reiki session. I understand I may discontinue a session or series of sessions at any time. If I have been diagnosed by a licensed health care professionals having any disease, injury, or other physical or mental condition, I understand that I should inform the person who made the diagnosis about the sessions I will be receiving, and whether or not I intend to discontinue any treatment or therapy which had been previously ordered, prescribed or recommended by a licensed health care 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.

Signature _____ Date: _____

Print Name: _____

REFLEXOLOGY/ REIKI IS NOT A SUBSTITIUTE FOR MEDICAL CARE. IF YOU ARE EXPERIENCING ANY SPECIFIC MEDICAL PROBLEM AND HAVE NOT SEEN YOUR MEDICAL DOCTOR, I RECOMMEND YOU DO SO TODAY.