

Steps2TrueHealth, LLC
dba: Healing Hands Reflexology
Diana Foley, ARCB Board Certified Reflexologist – B01530
Ingham Method/IIR Certified Reflexologist - 7150
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CLIENT HISTORY

Date: _____

Name _____

Address _____

City/State/Zip _____

Phone (Mobile) _____ Phone (mobile) _____

Date of Birth _____ Age _____ Email _____

Occupation:

1. How would you rate the present state of your health? Excellent Good Fair Poor
2. Are you currently under a doctor's care? Yes No
If so, explain _____
3. For women, are you pregnant? Yes No
If yes, how long? _____
4. List other therapies besides conventional medicine or chiropractics in which you are currently participating. _____
5. Are you taking any medication? Yes No
If so, what? _____
6. List previous major illnesses, accidents, surgeries, or broken bones. _____
7. Are you experiencing any problems with your feet? Yes No
If yes, what kind(s)? _____
8. Where is tension most evident in your body? (i.e. neck, shoulders, stomach) _____
9. Why are you trying reflexology? _____
10. Have you ever had a reflexology session before? Yes No
If yes, when, where, and how often? _____
11. How did you find out about me? Give name of referral. _____

OVER: Please read, sign & date page 2

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TO THE CLIENTS OF REFLEXOLOGY

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; and
3. Reflexology stimulates circulation and the delivery of oxygen and nutrients to the cells.

Things to know about the Reflexologist and your session:

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.
6. Reflexology is very different than massage and can be uncomfortable in certain areas where the foot presents "congestion"...your communication is important so the Reflexologist knows which areas are tender and can focus more acutely on them, while adjusting the touch to your level of tolerance.

CONTRACT FOR SERVICE

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 that I will be receiving Reflexology sessions. Whether or not I intend to discontinue any treatment or therapy which had been previously ordered, prescribed, or recommended by a licensed health professional is entirely up to me. I understand that by discontinuing any such treatment or therapy, I assume responsibility for any negative outcome resulting from discontinuing that treatment or therapy.

By signing this form, I give consent to a Reflexology session. I understand I may discontinue a session or sessions at any time. The Reflexologist reserves the right to refuse service to anyone at any time.

Signature _____ Date _____

Print Name _____

*If you have had a recent surgery, a Doctor's Signed Release is required stating that you are not at risk of DVT (Deep Vein Thrombosis).

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

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www.Steps2TrueHealth.com