



Mary's Reflexology & Trinity Healing
 903.941.6172 Phone/Text
 903.307.7778 Text only
 www.marysreflexology.com

Reflexology Client History

Last, First Name:		Date:	
Street Address		City:	State: Zip Code:
Primary Phone #: ___ Home/___ Cell/___ Work	Secondary Phone #: ___ Home/___ Cell/___ Work	Email (contact purposes only):	
Date of Birth:		Age:	Sex: ___ Male/___ Female

1. How would you rate your present health? () Excellent, () Good, () Fair, () Poor
2. Are you currently under a doctor's care? If so, please 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 the tension most evident in your body?

9. Why are you trying Reflexology?

10. Have you had a Reflexology session before? If yes, when, where, and how often?

11. Give name of referring person, if applicable (that person will receive a \$5 gift card).

Reflexology

Contract for Service

PLEASE READ IN FULL AND SIGN BEFORE YOUR SESSION.

You need to know that:

- Your facilitator is not a doctor.
- Your facilitator does not practice medicine.
- Your facilitator does not diagnose or treat for specific illness.
- Your facilitator does not prescribe or adjust medication.
- Reflexology is not a substitute for medical treatment, but may be a compliment to most types of therapy.

What is Reflexology?

Reflexology is a protocol of manual techniques, such as thumb and finger-walking, hook and backup and rotating-on-a-point, applied to specific reflex areas predominantly on the feet and hands. These techniques stimulate the complex neural pathways linking body systems, supporting the body's efforts to function optimally. The effectiveness of reflexology is recognized worldwide by various national health institutions and the public at large as a distinct complementary practice within the holistic health field.

What does Reflexology do?

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

Agreement:

By signing this form, I agree to one or more Reflexology sessions. I understand I may discontinue a session or series of sessions at any time. If I have been diagnosed by a licensed health care professional as 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 of therapy which has been previously ordered, prescribed, or recommended by a licensed health professional. I understand that by discontinuing any such treatment of therapy I assume responsibility for any outcome resulting from discontinuing that therapy.

Signature: _____ Date: _____

Print Name: _____