



Footsteps in Eden

Reflexology & Wellness
Lynn Watson, RCR, CA, ARCB
Client Information Form

Today's Date: _____

Name: _____

Address: _____

City _____ State _____ Zip _____

Phone w/area code Home: _____ Cell: _____

Emergency Contact: _____ Phone: _____

Email _____

Date of Birth _____ Age _____ Preferred method of contact: Text Phone Email

How did you hear about Footsteps in Eden? _____

Have you had reflexology before? Y N If so, where & when? _____

Do you use aromatherapy/essential oils? Y N

HEALTH INFO

Please list all allergies _____

Medications/Supplements you take _____

Are you under a physician's care? Y N If so, for what specifically? _____

For women, are you pregnant? Y N If yes, How many weeks? _____

For women, are you using an IUD? Y N

Do you have diabetes? Y N

Do you have a history of blood clots? Y N In some cases, this may require permission from your doctor to receive reflexology.

List previous major illnesses, accidents, surgeries, broken bones. _____

Do you have any difficulties with the following:

Sleep Y N Digestion Y N Elimination Y N Headaches Y N Stress Y N

Sinus/Allergy Y N Feet Y N

Where is stress most evident in your body? (examples: neck, shoulders, feet, stomach, upper back, lower back, jaw, etc.) _____

What are your goals in receiving reflexology? _____

What is your interest in learning more about aromatherapy and essential oils? _____

DISCLAIMER:

I am NOT a medical doctor. I do not practice medicine. I do not diagnose or treat for specific illness. I do not prescribe or adjust medication.

Reflexologists understand that the entire body is mirrored on the feet and hands. 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. Reflexology promotes balance and normalization of the body naturally; reduces stress and brings about relaxation; and assists improvement of circulation and the delivery of oxygen and nutrients to the cell.

By signing this form, I give my consent to a reflexology session. I understand I may discontinue my session at any time. (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, about the reflexology I will be receiving, and whether or not I intend to discontinue any treatment or therapy which has been previously ordered, prescribed or recommended by a licensed health 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: _____

PAYMENT & CANCELLATION POLICY:

Payment due at time service rendered. Payment forms accepted: cash | check | major credit card (3% convenience fee will be added to credit card & debit card payments.)

24 hours notice is required for all cancellations. We consider this to be by NOON the day before your scheduled appointment. If your appointment is on Monday, cancellation notice must be made by NOON on the preceding Friday. Not following this policy will result in your being charged for the session unless we are able to rebook it to another client.

Please initial to acknowledge you understand policy. _____

PRAYER CONSENT

We consider the Christian God to be a vital part of the healing process. We believe that nothing that happens within the reflexology setting happens apart from Him. We would be honored to pray for you at the beginning of our time together. We only do this with your permission.

Please initial here to give us the permission to do this. _____

If you prefer we begin the session without prayer please initial here. _____

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

RCR - Registered Certified Reflexologist, State of Tennessee

CA - Certified Aromatherapist

ARCB - American Reflexology Certification Board Certificiant