

Client Instructions

Please remember to breathe. Holding your breath holds tension and pain, while exhaling tends to help release tension and pain.

Pain is not gain in reflexology. Pain will cause the body to tense automatically. Though deep pressure may be used in various techniques, please discuss any discomfort with me, so that techniques may be adjusted to your particular needs.

After the treatment: Everyone responds differently to this type of therapeutic treatment. Take a few moments to feel the effects of your treatment and please feel free to discuss with me any impressions you may have.

Drink lots of extra water. Typically, reflexology stimulates blood and lymph flow, releasing toxins from the body. Eight glasses of pure water per day will help the reflexology refresh your body completely.

CANCELLATION POLICY: So that I may better serve all my clients, 24-hour notice is required for cancellations. You will be charged for the full session with less than 24-hours notification.

I have read all of the above and understand and agree with it completely. I, therefore, consent of my own free will to this and any subsequent treatments, on this ___day of _____month, year _____.

Client's Printed Name

Client's Signature

Practitioner's Printed Name

Practitioner's Signature