

Peaceful Sole
Reflexology and Healing Arts
Intake Form

Name: _____ Date of birth: _____

Address: _____ Home phone: _____

City, State, Zip _____ Cell Phone: _____

E-mail: _____

How did you hear about me? _____

1.) Have you had Reflexology before? Yes / No

2.) Have you had energy healing before? Yes / No

3.) What is your primary goal for today's session? _____

4.) Major Illnesses (Current and Past): _____

5.) Are you currently under a doctor's care? Yes / No

~If Yes, why? _____

6.) Past Surgeries: _____

7.) Medications you are using: _____

8.) Are you Pregnant? Yes / No Trying? Yes / No

9.) How would you rate your overall health? Excellent Good Fair Poor

10.) Are you having any problems with your feet? Yes / No If yes, what kind(s):

11.) Where is the tension most evident in your body? _____

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Disclaimer Form

What you need to know:

1. I am not a medical doctor
2. I do not practice medicine
3. I do not diagnose illnesses
4. I do not prescribe or adjust medication

What is Reflexology?

Reflexologists believe the entire body is reflected on the feet, hands, and ears. Reflexology is a scientific art based on the premise that there are zones and reflex areas that correspond to all body parts in the feet, hands, and ears. The physical act of applying specific pressures using thumb, finger, and hand techniques result in physiological changes in the body.

What is energy healing?

Energy is a powerful medicine. Your body's energies are a potent force for your own healing. Your energies are always feeding your cells, fueling your immune system, and helping rid you of toxins. Energy healing is the art and science of optimizing your body's natural energies and helping you function at your best.

What do they do?

Healing is a fascinating process which is generally very poorly understood. Although it may be tempting to believe that we can heal other people, it is of utmost importance to realize that all healing is self-healing. The body has an extraordinary intelligence and ability to heal itself and reflexology and energy healing are tools for awakening this intelligence for the body to self-heal!

By signing this form, I give my consent to this reflexology or energy healing session. I understand that I may discontinue a 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 sessions I am having, and whether or not I intend to discontinue any treatment or therapy which has been previously ordered, prescribed or recommended by the 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.

Client's Signature: _____ Date: _____

Printed Name: _____