



# Reflexology Consent

What is Reflexology?

Reflexologists believe the entire body is mirrored on the feet, hands, face, and head. Reflexology is a traditional therapy that was developed in many parts of the world, based on the premise that there are zones and reflex areas in the body that correspond to one another. The physical act of specific pressure application with the hands has been known to result in significant stress reduction, which in turn, causes positive healing and physiological change 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 do Reflexologists do?

1. Reflexology promotes balance and normalization of the body naturally.
2. Reflexology reduces stress and brings about relaxation.
3. Reflexology stimulates circulation and the delivery of oxygen and nutrients to the cells.

I, (print name) \_\_\_\_\_ , offer my full consent to a Reflexology session. I understand that I may discontinue a session, or sessions at any time. If I have been diagnosed by a licensed health profession as having any disease, injury, or other physical/mental health condition, I understand that Reflexology sessions are not a substitute for any treatment or therapy previously ordered, prescribed, or recommended by that health professional. I understand that Asiah Rogowy RMT DN MA MSc PhD is not a medical doctor, does not practice medicine, does not diagnose or treat for a specific illness, does not prescribe or adjust medication. Reflexology is a complementary therapy.

Print Name: \_\_\_\_\_

Signature: \_\_\_\_\_

Date: \_\_\_\_\_

Reflexology is not a substitute for medical care.

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