

# Disclaimer Form

## TO THE CLIENTS OF REFLEXOLOGY

### You need to know that:

1. I am NOT a medical doctor.
2. I do not practice medicine.
3. I do not diagnose or treat for a specific illness.
4. I do not prescribe or adjust medication.
5. Reflexology is not a substitute for medical treatment, but may serve as a complement to most kinds of therapy.

**What is reflexology?** Reflexology is based on the premise that the entire body is reflected on the feet, hands and ears. This non-invasive complementary discipline employs the use of alternating pressure on the body maps found on the feet, hands and ears, resulting in stress reduction which causes physiological changes in the body. Relaxation through reflexology may help the body to balance any kind of stress it is experiencing.

### What does reflexology do?

1. Reflexology promotes stress reduction throughout the entire body, bringing about relaxation.
2. Reflexology naturally promotes balance and normalization of the body through the relaxation process;
3. Reflexology stimulates circulation and the delivery of oxygen and nutrients to the cells.

By signing this form, I agree to a reflexology session. I understand I may discontinue a session or series of sessions 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 sessions 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 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.

Signature \_\_\_\_\_ Date \_\_\_\_\_

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

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