



Today's Date: ___/___/20___

CLIENT REIKI-REFLEXOLOGY CLIENT HISTORY FORM

Name: _____

Address: _____ City: _____ Zip: _____

E-mail: _____ Living Status: S / M / W / D

Phone (Home) _____ (Other) _____

Date of Birth: _____ Age: _____ Sex: M / F / TG

Per Day: Coffee/Tea (cups) _____ Cigarettes (packs) _____ Alcohol (drinks) _____ Recreational drugs _____

It's best for clients to abstain from nonprescription drugs and alcohol both before and after a session. Drugs and alcohol reduce sensitivity.

How would you rate your present state of health?	<input type="checkbox"/> Excellent <input type="checkbox"/> Good <input type="checkbox"/> Fair <input type="checkbox"/> Poor	
Are you currently under a doctor's care for a specific reason? <input type="checkbox"/> Yes <input type="checkbox"/> No	If yes, List reason:	
Are you currently under naturopathic/alternative practitioner's guidelines for health & wellness recovery? <input type="checkbox"/> Yes <input type="checkbox"/> No	If yes, List reason:	
Are you taking any medications? <input type="checkbox"/> Yes <input type="checkbox"/> No	If yes, List meds:	
List previous major illnesses, accidents, surgeries or broken bones:	Are you experiencing problems with your feet? <input type="checkbox"/> Yes <input type="checkbox"/> No	
	Have you ever had reflexology? <input type="checkbox"/> Yes <input type="checkbox"/> No	
Your reason for trying reflexology?	Do you have any of the following: <input checked="" type="checkbox"/>	
	Diabetes	<input type="checkbox"/> Yes <input type="checkbox"/> No
	Cancer	<input type="checkbox"/> Yes <input type="checkbox"/> No
	AIDS/HIV	<input type="checkbox"/> Yes <input type="checkbox"/> No
	Pre-menopausal	<input type="checkbox"/> Yes <input type="checkbox"/> No
	Post-Menopausal	<input type="checkbox"/> Yes <input type="checkbox"/> No
	Cellulites	<input type="checkbox"/> Yes <input type="checkbox"/> No
	High Blood Pressure	<input type="checkbox"/> Yes <input type="checkbox"/> No
	Are you allergic to oils?	<input type="checkbox"/> Yes <input type="checkbox"/> No
	Are you pregnant?	<input type="checkbox"/> Yes <input type="checkbox"/> No
How did you find out about our service?		
This form consists of 2 pages. Please complete and sign.		



What is Reflexology? Reflexology is a holistic and non-invasive bodywork approach that encourages the release of accumulated stress and stimulates the body's innate healing response. As balance is restored, physiological changes in the body are effected. These include, but are not limited to stress reduction, the improvement of nerve function and circulation, which in turn, increase the supply of oxygen and nutrients to all parts of the body and aid in the elimination of toxins and waste products.

What is Reiki? Reiki is a Japanese technique for stress reduction and also promotes healing and harmony in the body. Reiki energy has several basic effects: it brings about deep relaxation, destroys energy blockages, detoxifies the system, provides new vitality in the form of healing universal life energy, and increases the vibration frequencies of the body.

The Techniques: Reiki/ Reflexology focused and applied techniques are utilized on the feet, hands, ears, face and head. The hands are the primary tool used in reiki and or reflexology although additional tools and techniques can be used. Mechelle Davis is an intuitive Reiki Master, Yoga Therapist, Wellbeing Coach and Certified Reflexologist and has chosen to combine these gifts that allow the receiver to experience rest, renewal and restoration on a whole new level.

Reiki/Reflexology is not a substitute for medical treatment, but does complement most types of therapy. Mechelle Davis is not a doctor nor does she practice medicine. She does not diagnose or treat for a specific illness nor prescribe or adjust medication. Your session and files are confidential and your personal information on record and in session will be kept with the utmost respect and integrity.

By signing this form, I give my consent to a Reiki-Reflexology session. I acknowledge I have read and understand the information above and below.

- I understand I must communicate any levels of discomfort during the session.
- I acknowledge that Reiki/Reflexology sessions are generally for the purpose of helping me relax and or relieve stress mentally and emotionally.
- I understand that the body has the ability to heal itself, and to do so complete relaxation is often beneficial. Long term imbalances in the body sometimes require multiple sessions to allow the body to reach the level of relaxation necessary to bring the system back into balance.
- 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 Reiki/Reflexology sessions I will be having, and whether or not I intend to discontinue any treatment or therapy which had been previously ordered, prescribed or recommended by a licensed health professional. *I understand that by discontinuing any such treatment or therapy I agree to hold Mechelle Davis free from any liability, assuming responsibility for any negative outcome resulting from discontinuing that treatment or therapy.
- I understand that essential oils may be used during a Reiki/Reflexology session. **I understand that by neglecting to inform the Reiki Practitioner of any sensitivity to essential oils, before or during session, I agree to hold Mechelle Davis free from any liability, assuming responsibility for any negative outcome resulting from the use of essential oils during a Reiki session.

Client Signature: _____ (Parent signature if client is a minor) _____

Reiki Practitioner Signature: _____ Date of Service: _____