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AGREEMENT TO RECEIVE REFLEXOLOGY

- What is reflexology? Reflexology is defined as: A protocol of manual techniques, such as thumb and finger-walking, hook and backup and rotating-on-a point, applied to specific reflex areas predominantly on the feet and hands. These techniques stimulate the complex neural pathways linking body systems, supporting the body's efforts to function optimally. The effectiveness of reflexology is recognized worldwide by various national health institutions and the public at large as a distinct complementary practice within the holistic health field.

Please note that my sessions are designed to support you and your health. The services offered are not a substitute for medical care. Information provided is educational in intent, and not diagnostically prescriptive in nature. If you are experiencing a medical problem and have not seen your medical doctor, I recommend you do so.

By signing this form:

- I understand I may discontinue the session(s) for any reason.
- I understand that it is my responsibility to inform the practitioner of any adverse reactions to the session(s) and/or any changes in my health.
- I understand that my name will be held in confidentiality.

Name (print) _____ Date: _____

Signature: _____