

**Informed Consent** (agreement to participate as a volunteer client)

Please read and sign:

I understand that this consultation is designed to gather information so that my practitioner is able to provide a reflexology session based on my specific needs and goals.

Reflexology is an ancient, manual technique based upon the concept that the entire body is reflected as a system of reflexes on the feet (hands and ears as well). By pressing on these reflexes with fingers, one is able to bring about relaxation and balance in the body, and also assist in stress reduction and overall health.

- Reflexology promotes balance and normalization of the body naturally.
- Reflexology reduces stress and brings about relaxation.
- Reflexology stimulates circulation and thereby the delivery of oxygen and nutrients to the cells.
- Reflexology is not a substitute for medical treatment, but is a complement to most types of therapy.

I understand that Reflexology is a complementary holistic therapy is not a substitute for medical treatments and/or diagnosis. If you are experiencing any specific medical problem(s) and have not seen your medical doctor, it is recommended that you do so.

I understand that MICHAEL LEONE is a student Reflexology practitioner.

I understand that all information is strictly confidential and my privacy will be protected at all times. As a volunteer client, my information may be viewed by the instructor as part of this student's assessment for Reflexology Certification Program.

I have read and understood the above information and consent to participate as a volunteer client.

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Signature

Today's date