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INITIAL REFLEXOLOGY CLIENT ORIENTATION

A typical reflexology session lasts from 45 to 50 minutes. Please arrive at your appointment time. Fill out and sign the health history questionnaire and sign the 'patient bill of rights' form. All information will remain confidential unless you give consent.

I will review the questionnaire and may ask you for further clarification or information. I will escort you to the reflexology area.

You will be asked to lay on the table 'face up'. When you lay 'face up', the back of your head will lay on the top of the table and your feet will hang off the end. You will have at least two pillows and a bolster underneath your knees to provide comfort and support. A pillow is provided if you prefer your head to rest at slight incline.

I will ask you to remove your shoes and socks only and lay in-between the top sheet and the bottom sheet so you are fully draped before I enter the massage center. I will leave the massage center for a couple of minutes for you to relax. I will ask if you are ready for your reflexology session before I re-enter. The table warmer will be set on medium to begin with unless you ask me to change the setting.

You will be draped throughout the entire reflexology session. After the reflexology session, we will discuss the reflexology session in detail and develop an action plan, if needed.

All proper educational, licensing, professional documentation, and the Associated Bodywork and Massage Professionals (ABMP) massage 'Professional Code of Ethics' documentation are posted for your review. You or I may discontinue the session for any reason. You will not be charged for your session if you discontinue the session before the first 10 minutes of the appointment time.

This is your time. You are in charge of your session. Please feel free to talk as little or as much as you like.

The main effects of reflexology are stress reduction, increased circulation, and relaxation. However, many other significant health benefits have been documented from many areas of the world. Please do not hesitate to call or e-mail me for any further information. Thank you and enjoy!

**Sincerely,
Keith Gosline, ACSM, LMT, LR
President**