**Client After-Care Advice Sheet and Feedback Form**

Reflexology Student Name: Telephone Number:

Client Name: Date:

Treatment number:

Thank you for volunteering to be a case study for me. Reflexology is a holistic therapy aiming to bring balance to the body on all levels. The body’s own natural healing process may cause some temporary symptoms. Please monitor how you are feeling immediately after a treatment, for the next 24 hours, the next three days and then leading up to your next treatment.

To help me with your on-going treatment plan please let me know if you experience any of the following and for how long:

Headache

Nausea

Cold like symptoms

Increased urination or bowel movements

Increased or decreased energy levels

Feeling warm or cold

A change in sleep patterns

A more positive attitude/feeling calmer

A change in any of your presenting conditions (use a scale of 1-10, where 10 is very bad and 1 is very good)

Anything else I should know?

**Following your session, I advise you to listen to your body and rest if you need to so that you fully experience the beneficial effects of Reflexology.**

**Please drink a couple of glasses of water and reduce caffeine, alcohol and cigarette intake. Eat light meals only.**