



# Orlando Reflexology

**BEFORE A TREATMENT what you need to know:**

Click and download appropriate **PDF**: Reflexology or EFT and bring on the day.

Please phone in your credit card details, to reserve your appointment.

Schedule your session when your day is light, the end of your day or your day off, IF possible.

Wear comfortable and lightweight clothing. You stay fully clothed.

Do NOT wear perfume or strong scents to protect other clients that might have sensitivities to smells. Please inform me if you do have sensitivity yourself.

If you are having other body work (massage, acupuncture etc), try NOT to have both close together as that could put your body into extreme detoxification.

Be at least 10 minutes early on your 1<sup>st</sup> session as you will fill out a health history, Or download the PDF and complete before arrival.

**No alcohol on the day of treatment before or after, (as you are detoxing) please schedule accordingly.**

**Only work-out before a treatment as you need to rest your body afterwards.**

**And,**

**If you are a serious runner and have spinal issues, please try to take a 2 day break after the treatment, so there is time for your spine to recover and heal.**

**Bring your own facemask and earphones if you do not want to use mine, which are cleaned after every use.**

#### **Cancellation Policy:**

**Please cancel ASAP so other clients can have the opportunity to take your slot.**

**If you cancel **less than 24 hours**, your slot is your slot and thus the full payment will be taken from a your credit card. Serious emergencies are of course considered.**

#### **Late Policy:**

**I am terribly sorry but if you are late, the session will need to be shorter. I book client's every 90 minutes and will try to keep the treatment in entirety but this will depend on your arrival time.**