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| Name 1:Date of Birth / / M/FRelationship to Name 2: | Name 2:Date of Birth / / M/F |
| Address 1:Email:Phone:Profession:Stress levels Low Medium HighDetails: | Address 2 (if different to 1):Email:Phone:Profession:Stress levels Low Medium HighDetails: |
| Medical History:Pregnant Y/N No. of weeks:Issues | Medical History:Pregnant Y/N No. of weeks:Issues |
| Medication taken: | Medication taken: |
| GP Address: | GP Address |
| Skin type: | Skin Type: |
| Allergies: | Allergies: |
| Reason for attending this workshop | Reason for attending this workshop |
| Any other information you think might be relevant: |
| Preferred medium: Plain foot wax (contains beeswax) / Plain Shea butter (vegan option) /Neal’s yard foot balm / Aromareflex foot wax / Aromareflex Shea butter (please circle clearly) |
| N.B. This workshop does not lead to any qualification.  |
| The information I have provided is true to the best of my knowledge. Signed: Date:I consent to receiving updates I consent to photo’s being taken/used  | **The information I have provided is true to the best of my knowledge.** **Signed: Date:**I consent to receiving updates I consent to photo’s being taken/used |
| Cleansing whole footApply medium to both feetEffleurage – wrap foot on leftHeel toggleLower leg massageCircle Maleolus Shimmy up and down the footAnkle rotationsPalm the feetWavesToe waves Toe circlesKnuckle the soleFlute the dorsalComb metatarsal to ankleMetatarsal Split dorsalIndividual metatarsal glideComb metatarsals to toesSole circlesHeel rotationsAchilles pullCircle maleolusDorsal clawSole sweeps and glidesToe ball squashMetatarsal split plantar | Toe inbetweenersToe pull rotationsSpine rotationsSpine tapotmentSole champiPalm the feetEffleurageSlow shimmySlow ankle rotationsCircle malleolusCalf massage slowGastrocnemus squeezeHeel pulls/ sole pushesFlex and pointAnkle rotationsSpinal twistGentle toe pullsPalming foot prayerDorsal - Shin sweep Shin – dorsal prayer sweep x 1Wrap foot and squeeze.Work other footWrap other footFinish. |