|  |  |  |
| --- | --- | --- |
| Name 1:  Date of Birth / / M/F  Relationship to Name 2: | Name 2:  Date of Birth / / M/F | |
| Address 1:  Email:  Phone:  Profession:  Stress levels Low Medium High  Details: | Address 2 (if different to 1):  Email:  Phone:  Profession:  Stress levels Low Medium High  Details: | |
| 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 foot  Apply medium to both feet  Effleurage – wrap foot on left  Heel toggle  Lower leg massage  Circle Maleolus  Shimmy up and down the foot  Ankle rotations  Palm the feet  Waves  Toe waves    Toe circles  Knuckle the sole  Flute the dorsal  Comb metatarsal to ankle  Metatarsal Split dorsal  Individual metatarsal glide  Comb metatarsals to toes  Sole circles  Heel rotations  Achilles pull  Circle maleolus  Dorsal claw  Sole sweeps and glides  Toe ball squash  Metatarsal split plantar | Toe inbetweeners  Toe pull rotations  Spine rotations  Spine tapotment  Sole champi  Palm the feet  Effleurage  Slow shimmy  Slow ankle rotations  Circle malleolus  Calf massage slow  Gastrocnemus squeeze  Heel pulls/ sole pushes  Flex and point  Ankle rotations  Spinal twist  Gentle toe pulls  Palming foot prayer  Dorsal - Shin sweep  Shin – dorsal prayer sweep x 1  Wrap foot and squeeze.  Work other foot  Wrap other foot  Finish. | |