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Shankill
Co. Dublin

Tel: 01 282 1684
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www.tender-touch-treatments.com

Date: _____

TO WHOM IT MAY CONCERN

Your patient: _____

Address: _____

I should be grateful if you would kindly sign and return this form if you consent to your above named patient having Reflexology treatments while pregnant.

The National Maternity Hospital in Holles Street recommends Reflexology treatments in pregnancy. It is particularly suitable for morning sickness which continues after the 12th week of pregnancy. It has been shown to help relieve indigestion, lower back pain, haemorrhoids and constipation. It prepares the body for labour by balancing all the body systems, especially the endocrine system. Research shows that the length of labour can be very much reduced by having regular Reflexology treatments in the weeks prior to the expected delivery date. Reflexology treatments are recognised as beneficial and covered by the VHI, Quinn Healthcare and VIVAS.

Reflexology is contra-indicated where there is threatened miscarriage; any vaginal bleeding, eclampsia, deep vein thrombosis, a history of blood clotting/Warfarin medication and unstable diabetes.

With kind regards.

Yours sincerely,

Patricia Diamond Cleeve, Dips. ITEC, FETAC, MIRI

I consent to my above named patient having Reflexology treatments.

Signed: _____ Dated: _____

Please print this letter and ask your gynaecologist/doctor/midwife to sign it. Alternatively, I can print it for you to bring to your doctor for signing.