

American Reflexology – Code of Ethics Standards

For Yourself:

1. Operate within defined scope of practice; accurately representing competence, education, training, and experience.
2. Do not claim a skill/knowledge of professional practice/expertise, unless legally allowed to do so.
3. Do not treat, prescribe, diagnose, prognosticate, or adjust medications
4. Adhere to all national, state, and local laws and regulations to include HIPAA.
5. Prioritize the client's needs, goals, and well-being above all else, especially over your own financial or personal gain.
6. Maintain a healthy and safe environment by keeping the relationship strictly professional. Avoid any form of sexual misconduct or dual relationships with clients. This includes being mindful of language, conduct, and professional standards.
7. Endeavor to resolve any dispute that arises from professional interactions.
8. Do not intentionally malign other healthcare professions or practitioners.

For Your Clients:

9. Treat every client with dignity, respect and without discrimination.
10. Work within the client's comfort zone and pain tolerance.
11. Strive to maintain the utmost trust in the client-practitioner relationship.
12. Refer clients to appropriate medical and/or other healthcare professionals when appropriate.

For the Profession/Workplace:

13. Promote the profession using reputable reflexology materials and research.
14. Ensure adherence to this Code of Ethics by all reflexologists within your practice.



American Reflexology – Professional Business Standards

1. In marketing materials and verbal statements do not claim to cure, heal, treat, or use the word treatment.
2. Know the definition of reflexology, explain what reflexology is and what the client can expect before, during, and after the first session. When combining another discipline with reflexology clearly state that you are doing so.
3. Strive to engage the client as a partner in their wellness goals. Provide resources, support, specific reflex points for self-care and referrals when appropriate.
4. Communicate to the client the policy regarding fees, scheduling procedures, hours, the result of tardiness on the part of the client, and missed appointments.
5. Have the client fill out a health history form.
6. Have the client read and sign a contract for services before the first session begins.
7. Keep the office area organized, safe, neat, and clean.
8. Wear suitable professional attire.
9. Use clean linens and blankets that have direct contact with clients.
10. Make a visual observation of the feet before beginning the session and adhere to current contraindication guidelines.
11. Furnish a written receipt upon request.
12. Document each session utilizing standard medical/health terminology.
13. Keep financial records and bills up-to-date.
14. Make available professional certificates.
15. Make available full and fair disclosure of services, a disclaimer, and a notice of complaint.
16. Advertising and promotion of your business and the field of reflexology must be professional, ethical, and reflect the integrity of the profession. This applies to all forms of media, including websites, social platforms, and emerging technologies. Practitioners should build public trust, highlight education and training, and reflect the integrity of the profession.
17. Remain committed to continued reflexology education and training by attending classes, workshops, national conferences, and/or other opportunities.
18. The use of reflexology tools and/or mechanical devices not approved by the FDA is discouraged due to legal liability.
19. Adhere to and make available the American Reflexology Code of Ethics and Professional Business Standards.
20. If found to have transgressed any rules of the American Reflexology Professional Business and Code of Ethics Standards, voluntarily forgo the use of the titles associated with ARCB, NCRE, or RAA, including the return of certificates, ID cards, and materials and affiliation materials were applicable.

