

# Massage Cupping Therapy Client Release Form

- I understand that all treatments at **Back To Touch Massage Clinic** are therapeutic in nature. I agree to communicate to the therapist any physical discomfort or draping issues during the session.
  - Information has been provided to me about Massage Cupping Therapy. If I choose to experience these therapies during treatments, I understand the potential effects and after-care recommendations
  - It has been explained to me that there are contraindications for Massage Cupping Therapy. I have fully disclosed all health factors to my therapist, including those not mentioned on my Health History Intake Form, to avoid any complications
  - It has been explained to me that there is the possibility of discolorations that can occur from the release and clearing of stagnation and toxins from my body.
  - I also understand that this reaction is not bruising, but due to cellular debris, pathogenic factors and toxins being drawn to the surface to be cleared away by my circulatory and lymphatic systems
  - I further understand that the discolorations will dissipate from a few hours to as long as 2 weeks in some cases and in relation to my after-care activities.
  - I understand that Massage Cupping Therapy modalities should not be combined with aggressive exfoliation, 4 hours after shaving, after a sunburn or when hungry or thirsty.
  - I understand that I should avoid exposure to extreme cold, wet, and/or windy weather conditions, hot showers, baths, saunas, hot tubs and aggressive exercise for 24 hours. It has been explained to me that exposure to such extremes can produce undesirable effects and I should avoid such situations.
  - I understand that I should avoid caffeine, alcohol, sugary foods and drinks, dairy and processed meats and I should consume an abundance of clean water.
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I \_\_\_\_\_ agree to allow the Massage Cupping Practitioner to perform Massage Cupping. I also agree that I have read, understand and will follow all of the information stated above and will not hold the practitioner responsible.

Print Name \_\_\_\_\_

Signature of Client \_\_\_\_\_ Signature of Practitioner \_\_\_\_\_

Date \_\_\_\_\_