



Natural Healthy and Strong Release form for Gua Sha massage therapy

Cupping and Gua Sha Therapy Client Release Form

What is Massage Cupping and Gua Sha?

Simply defined, "cupping" is a negative pressure massage. Via negative pressure, massage cupping lifts and separates adhered layers of tissue, restores blood flow, stimulates the lymphatic system, promotes deep relaxation and facilitates healing in hypertonic tissue. Cupping facilitates myo-fascial release and removes adhesions with ease. Massage Cupping bodywork is versatile and can easily be modified to accomplish a range of techniques, from lymphatic drainage to deep tissue release. This complements many health modalities ranging from spa treatments to medical massage.

Cupping and Gua Sha Marks

The most common misunderstanding regarding the after effects of Cupping, is the potential marks itself. Where there is dead static blood, lymph, cellular debris, pathogenic factors and toxins present in the body, cupping can leave marks which indicates that the stagnation or disease has been moved from the deeper tissue layers to the surface. This allows fresh oxygenated blood to nourish and heal the underlying areas.

- Information has been provided to me about Cupping Therapy. If I choose to experience these therapies during treatment, I understand the potential effects and after-care recommendations.
- It has been explained to me that there are contradictions for Cupping Therapy. I have fully disclosed all health factors to my therapist, including those not mentioned in my Health History Intake Form, to avoid any complications.
- It has been explained to me that there is the possibility of discoloration that can occur from the release and clearing of stagnation and toxins from my body. Usually lasting 1-14 days. I also understand that this reaction is not bruising, but due to the cellular, pathogenic factors and toxins being drawn to the surface to be cleared away by my circulatory systems.
- I further understand that the discolorations will dissipate within a few hours to as long as 2 weeks in some cases and in relation to my after-care activities.
- I understand that the first time I experience Cupping, my body's immune system can temporarily react to this release as it might be the flu-producing, flu-like effects like nausea, headaches and aches that will all subside in the time with rest and water. Water intake helps to dilute the intensity of the release.
- I understand that I should avoid exposure to cold, wet and/or windy weather conditions, hot showers, baths, saunas, hot tubs and aggressive exercise for 4-6 hours. I understand that exposure to such extremes can produce undesirable effects and should avoid such situations.

I _____ agree to allow _____ April McGovern _____ LMP to perform Cupping. I also agree that I have read, understood and will follow all the information stated above and will not hold the practitioner or employer Natural Healthy & Strong responsible for any esthetic issues the marks may cause.

Signature

Date