

Massage Cupping, Gua Sha & Kinesio Taping Release Warm stone, Warm Bamboo Form

I understand that all treatments at this facility 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 Cupping/Gua Sha/Kinesio Taping techniques warm stone and Bamboo. 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 Cupping/Gua Sha/Kinesio Taping Therapy warm stone and bamboo. 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 skin discoloration that can occur and that this reaction is not bruising, but cellular debris, pathogenic factors and toxins being drawn to the service to be cleared away by my circulatory systems. I further understand that the discolorations will dissipate from a few hours to as long as two plus weeks, in some cases, and in relation to my after-care activities.

I understand that receiving Cupping/Gua Sha/Kinesio Taping Therapy warm stone, bamboo should not be combined with aggressive exfoliation, done within 4 hours of shaving, after a sunburn or when I'm hungry or thirsty.

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 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 because cupping /Gua Sha/Kinesio Taping warm stone and bamboo therapies are detoxifying in nature, I should avoid excess caffeine, alcohol, sugary foods, dairy and processed meats and I should consume and abundance of clean/purified room temperature water. *(Ice water is very disruptive to your internal system.)*

I understand the after-care instructions of Kino Taping. I've been informed if any burning or irritation occurs to remove tape right away.

Precautions: Remove Kinesio tape before recommended wearing time if you notice any of the following:

- Unusual pain or discomfort
- Severe itching
- Numbness/tingling of fingers/toes
- Skin irritation
- Increased swelling

Common side effects: Dry skin, skin rash, and skin irritation.

Date

Patient Name

Signature of Patient