

CUPPING THERAPY RELEASE FORM

NAME _____ DATE _____

CAUTIONS

There is the possibility of discolorations that can occur from the release and clearing of stagnation and toxins from my body as a result of cupping therapy.

I understand 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 system, and will dissipate within a few hours, but perhaps as long as two weeks, depending on my after-care activities.

I also understand that the first time I experience cupping therapy, my body's immune system can temporarily react to this release as it might with the flu: producing flu-like effects such as nausea, headache, and body aches, which will subside, in time, with rest and hydration. (Water helps dilute the intensity of the release.)

I understand that cupping therapy should not be combined with aggressive exfoliation, four hours after shaving, after sunburn, or when I am hungry or thirsty.

I acknowledge that I do not have a fever, high blood pressure, fragile or broken skin, or open wounds. I am not diabetic, pregnant, or taking blood thinners.

AFTER-CARE

I understand that I should avoid exposure to hot showers, baths, saunas, hot tubs, and aggressive exercise for 4-6 hours post-treatment. I understand that exposure to such extremes can produce undesirable effects and I should avoid such situations.

I promise to drink plenty of water after my treatment. :)

RELEASE

It has been explained to me that there are contraindications for cupping therapy. I have fully disclosed all health factors to my therapist, including those not mentioned on my Guest Intake Form, to avoid any complications.

I am voluntarily participating in cupping therapy with full knowledge that there is risk of personal injury. Accordingly, I forever release White Dahlia, LLC, and their insurers, heirs or assigns from all liability whatsoever, whether past, present, or future, for injury or damage which may occur to myself or my family as a result of my receiving cupping therapy.

I further agree to defend and hold harmless White Dahlia, LLC from and of all actions, claims, or other legal action that may arise directly from my participation in this therapy or these services.

SIGNED _____

white dahlia
massage and wellness

Cupping sucks! 😊