



## **Client After-Care Instructions**

### **After your cupping and/or gua sha session:**

- Drink plenty of water.
- Do not exercise until the next day.
- Avoid chills, drafts or heat for 4-6 hours.
- Avoid showers, steam and sauna until the next day (if you must bathe, keep it luke warm).
- Do not receive other body work for 48 hours as this could overload your system or negate the work that has been done.
- Remember that cupping and gua sha start working on detoxifying and opening the lymphatic pathways more slowly for those who have more “solid bloat.” Subsequent session will yield even better results and eventually sessions will not take as long.
- Call your therapist with any questions that you might have.

# Relax! Massage Therapy

## Cupping Therapy and Gua Sha Client Release Form

I understand that all treatments at this facility are therapeutic in nature. I agree to communicate to the therapist any discomfort or draping issues during the session.

Information has been provided to me about cupping and gua sha. 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 and gua sha. I have fully disclosed all health factors to my therapist to avoid any complications.

Contraindications include, but not limited to: severe diseases - such as cardiac failure, renal failure, ascites due to hepato-cirrhosis and severe edema, as well as hemorrhagic diseases such as allergic pupura, hemophilia and leukemia, and clients with dermatosis, destruction of skin, or allergic dermatitis. Broken bones, dislocations, slipped discs, those undergoing cancer treatments such as radiation (check with doctor), sunburn, ruptured/ulcerated/inflamed skin, **fever- you will be sent home, DEHYDRATION-** will not use cupping but massage is fine, bleeding disorders, acute stages of Psoriasis, Eczema, or Rosacea.

It has been explained to me that there is a 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 lymphatic & circulatory 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 when I experience cupping and/or gua sha my body's immune system can temporarily react to this release as it might with the flu, producing flu-like symptoms such as nausea, headache and soreness that will subside in time with rest and water. Water helps to dilute the intensity of the release.

I understand that cupping/gua sha modalities should not be combined with aggressive exfoliation, after getting a sunburn or when I'm hungry or thirsty.

I understand that I should avoid exposure to cold/wet/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 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.

I, \_\_\_\_\_, agree to allow the therapist to perform cupping and gua sha treatments.

Finally, I agree that I have read, understand and will follow all the information stated above and will not hold the practitioner responsible.

Date: \_\_\_\_\_

Client Name - Print: \_\_\_\_\_ Sign: \_\_\_\_\_

Therapist Name - Print: \_\_\_\_\_ Sign: \_\_\_\_\_