

CUPPING RELEASE STATEMENT

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

This facility has provided me with information on Massage/MediCupping™ therapy. If I choose to experience this therapy in my treatment, I understand the effects and after-care recommendations. It has been explained to me that there is the possibility of a skin discoloration, or “cup kiss”, appearing as tissue is released. I am aware that a “cup kiss” is not a bruise and that it will dissipate within a few hours to a few days.

This facility and the therapist will not be held liable for indications that arise during or after the treatment, and I agree to notify the therapist if there is any discomfort during a session. I have stated all relevant physical conditions and will inform the therapist of any changes in my health.

SIGNATURE: _____ DATE: _____

After Your ACE Massage Cupping™ Session

- Drink plenty of the purest water you can find. (Not all fluids are equal.)
- Do not exercise until the next day.
- Avoid chills, drafts or heat for 4 – 6 hours.
- Avoid showers, steam, sauna till next day. (If you must bathe, keep it lukewarm.)
- Do not receive other bodywork for 48 hours as this could overload your system or it could negate the work that has been done.
- Remember that MediCupping™ therapy starts working on detoxifying and opening lymphatic pathways slowly for those who have more “solid bloat” or specific trauma to the tissue, but sometimes with dramatic results. Subsequent sessions will yield even better results and eventually will be done faster.
- If you are participating in the body contouring, it is important to leave the essential oils on overnight and not bathe.
- Call your therapist with any questions you might have.