

CLIENT RELEASE AND AFTER-CARE INSTRUCTIONS

After Your Medicupping 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 hrs
- Avoid showers, steam, sauna until 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

RELEASE STATEMENT

I understand that all treatments at this facility are therapeutic in nature. I agree to notify the therapist of any physical discomfort during the session. This facility has provided me with information on the medicupping technique. 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 skin discoloration appearing as tissue is released. I am aware that a this is not a bruise and that it will dissipate within a few hours to a few days.

HOLD HARMLESS STATEMENT

This facility and the therapist will not be held liable for any indications that arise during or after the treatment. I agree to notify the therapist should any such indications occur. I have stated all relevant physical conditions and will inform the therapist of any changes in my health.

Signature