



Nourish

Massage Bodywork & Skin Therapies Cupping Therapy Informed Consent Form

About Massage Cupping Therapy

* Suction cup therapy is a traditional, time-honored treatment adapted from the Traditional Chinese Medicine technique that remains favored by millions of people worldwide because it's safe, comfortable and has remarkable results.

Why Cupping is so effective in bodywork?

* By creating suction and negative pressure, cupping therapy lifts connective tissue, releases rigid tissue and loosens adhesions. Cupping pulls stagnation, waste, and toxins to the skin level where it can be easily flushed out by the lymphatic and circulatory system.

* Cupping techniques bring blood flow and nutrition to stagnant areas. The pulling action engages the parasympathetic nervous system, thus allowing deep relaxation throughout the entire body.

* Cupping therapy is far more effective and long lasting than any other therapeutic bodywork applied alone.

What are the marks that can occur from cupping?

* The common "cupping kiss" that people think of with body cupping is not a bruise. The discolorations are due to pulling out stagnated fluids and wastes such as blood, lymph, cellular debris, metabolic waste and toxins. These marks can remain for a few hours to several weeks post treatment and are not tender to the touch.

* As treatments continue, the marks will occur less and less as a result of stagnation and toxicity being expelled from the body.

Due to the forceful, fluid moving actions of cupping it is contraindicated for the following conditions: open skin, edema, fever/illness, lipomas, lost skin integrity, compromised heart or blood circulation conditions, blood thinning medications, pain medications, pregnancy and the elderly. Please be sure to let your therapist know if you have ANY of these conditions.

I, _____, (print full name) confirm that the cupping therapy practitioner, Melissa M. Wright has explained the possibility of cupping marks that can occur from the cupping site. I understand the benefits, side effects and contraindications of cupping therapy and will not hold the practitioner responsible.

Signature of Client

Date

