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### **Cupping/Gua Sha Therapy Informed Consent Form**

#### **About Cupping Therapy**

- This therapy utilizes negative pressure, rather than tissue compression, for superior results in a wide array of bodywork techniques. Suction cup therapy is a traditional, time-honored treatment that remains favored by millions of people worldwide because it's safe, comfortable and remarkable results.

#### **About Gua Sha Therapy**

- This therapy utilizes a tool to rub the skin in long strokes, applying enough pressure to create minor bruising

#### **Why Cupping/Gua Sha 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/Gua Sha?**

- The marks left on the skin are not bruises. They are metabolic waste, toxins, and other stagnant materials that have been freed from the underlying tissues and brought to the surface where they can more easily be flushed away. These marks can last anywhere from a few hours to a few weeks 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.

I, confirm that the cupping/gua sha practitioner, has explained the possibility of cupping/scraping marks can occur from the cupping/gua sha site. I understand the benefits, side effects and contraindications of cupping therapy and will not hold the practitioner responsible.

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Signature of the Client

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Date