Studio name _____

Cupping consent

This takes about two minutes. Your answers stay with the practice.

About you

Your name
First name

Last name

Date of birth (MM/DD/YYYY)

Phone

Email

Emergency contact

Your visit

What brings you in today?

How much discomfort do you feel right now?

☐ None ☐ A little (1 to 3 out of 10) ☐ Some (4 to 6 out of 10) ☐ A lot (7 to 10 out of 10)

Where should we focus, and where should we stay away?

Mark or describe the placement

Is this your first time having cupping?

☐ Yes ☐ No

Health questions

Please answer every question so your therapist can plan your session around your health. These questions aren't medical advice, so check with your doctor about anything you're unsure of.

Do you have a sunburn, a rash, broken skin, a new tattoo or recent waxing where cups might go?

☐ Yes ☐ No

Where?

Do you bruise easily, or have a bleeding disorder?

☐ Yes ☐ No

Tell us more.

Is there an event in the next two weeks where visible marks would bother you?

☐ Yes ☐ No

Do you have any of these? Choose all that apply.

☐ High blood pressure ☐ A heart condition ☐ Blood clots or deep vein thrombosis, now or in the past

☐ Varicose veins ☐ Diabetes ☐ Cancer, now or in the past ☐ Osteoporosis ☐ Arthritis

☐ Epilepsy or seizures ☐ Fibromyalgia ☐ Numbness or tingling anywhere

☐ Frequent headaches or migraines ☐ A skin condition, rash or open sore

☐ An implant, such as breast implants or a pacemaker ☐ None of these

Are you pregnant, or could you be?

☐ Yes ☐ No

Do you take any medicines, including pain relievers or muscle relaxants?

☐ Yes ☐ No

Which ones?

Do you take a medicine that thins your blood, such as warfarin or a daily aspirin?

☐ Yes ☐ No

Which one?

Are you allergic or sensitive to any oils, lotions, nuts, latex or scents?

☐ Yes ☐ No

What are you allergic to?

Are you seeing a doctor for anything right now?

☐ Yes ☐ No

What for? Your therapist may ask whether your doctor is OK with massage.

Do you have a fever, a cold, or anything contagious today?

☐ Yes ☐ No

What you agree to

Cupping marks

I understand cupping usually leaves round marks that can be red, purple or dark. They can last from a few days to about two weeks, and they can show above clothing.

Initials

Skin we skip

Cups aren't placed on broken skin, sunburn, rashes, new tattoos or over varicose veins. I'll point out anything like that before we start.

Initials

Fire cupping

If my therapist uses fire cupping, a flame warms the inside of a glass cup away from my skin before it's placed. I understand there is a small risk of a burn, and I can ask for cups without a flame instead.

Initials

Stopping

I'll say right away if a cup feels too strong, pinches, or I feel dizzy, and my therapist will release it.

Initials

Speaking up

I'll tell my therapist if the pressure is too much, if anything is uncomfortable, or if I want an area skipped. I can stop the session at any time.

Initials

Massage isn't medical care

I understand massage doesn't take the place of medical care. My therapist doesn't diagnose conditions, prescribe treatment or adjust the spine, and nothing said here is medical advice.

Initials

Paying for your session

I understand this practice is cash-pay. It doesn't bill health insurance, and I pay for each session myself.

Initials

Respect

I understand the session is professional and nonsexual. Any sexual comment or behavior ends the session at once, and I'm still charged for it.

Initials

My answers

My answers are true and complete. I'll tell my therapist before each session if my health or medicines change.

Initials

Photos

Booking policy

Your deposit or card holds your appointment, and a deposit comes off the price of your session. To move or cancel, give at least 24 hours' notice. A missed appointment or a late cancellation is charged the amount the practice shows when you book.

Initials

the studio uses your health answers only to do your appointment safely and to keep the records the law requires. They are never used for marketing or sold. They are stored encrypted, and every time someone at the studio opens them it is logged.

Your signature

Date

Printed name