



Adjunct Therapy Waiver

We here at Revitalize Massage care deeply about our clients' well-being and safety. Along with yoga and massage therapy we offer adjunct therapies such as Aromatouch, Hot Stone, Cupping, and Gua Sha. While these techniques enhance your massage therapy experience and help to accelerate the healing process, it is important to us that our clients are aware of any temporary side effects.

Hot Stone - The stones are heated to approximately 110 degrees Fahrenheit. It is normal to find red marks on your body where the stones were placed from 3 hours up to 2 weeks following.

Aromatouch - The aromatherapy oils we use in this treatment are concentrated and potent. Therefore, they can cause redness, itching, or even a rash from where they were applied to the skin. If you have sensitive skin or are taking medications that make your skin reactive, please let your therapist know so that we can dilute the oils when appropriate.

Cupping Technique - With "normal" massage we use positive pressure. In other words, your therapist uses their hands to apply pressure to the muscle tissue. Cupping Technique uses negative pressure. The cups create a vacuum which stretches the connective tissue. This negative pressure will leave red marks on the skin from 3 hours to 3 weeks, depending on how long the cups are kept on the skin and how many toxins need to be flushed.

Gua Sha - This is a traditional Chinese medical treatment in which the skin is scraped with a massage tool to improve your circulation. This may cause bruising that can last from a few hours up to a week.

By signing this waiver, you acknowledge that you are aware of the side effects of these adjunct treatments. The side effects and duration may vary person to person.

Print Name _____

Signature _____

Date _____