



Adjunct Therapy Waiver

We here at Revitalize Massage care deeply about our clients' well-being and safety. With some massages or as a separate treatment 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/Himalayan Salt Stone - The stones are heated to approximately 110-120 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 (or in a regular massage outside of this specific 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 from your muscles.

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

Lymphatic Drainage - This technique is used to reduce fluid build-up in particular areas of the body and transport it through the lymph vessels. This can reduce swelling, edema, and improve circulation throughout the lymphatic system. Lymphatic drainage should not be painful, so if any discomfort arises, please let your therapist know immediately. Clients with congestive heart failure, emphysema, and skin infections should avoid this technique.

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

Print Name _____

Signature _____

Date _____