Massage Modality Consent Form

**Cupping Massage Therapy**

Cupping Therapy involves placing specially designed cups on top of fascial restrictions and creating a vacuum-like suction to lift the top layers of the skin and fascia to space them out so that water and blood flow can easily move between the loosened layers. This addition to treatment is helpful to promote water and blood flow, boost repair of the area being treated, relax a tightened area created either by muscle, tendons, fascia or scar tissue, increase range of motion and promote better posture.

Cupping therapy can be a relaxing or rehabilitative approach to massage treatment, depending on the level of suction that is placed on the fascial restriction. This will be discussed with your massage therapist to incorporate into your treatment plan, which you can modify or stop at any time.

The suction from the cups may leave red/purple marks on treated areas due to the circulating blood flow and will dissipate within 3-7 days, sometimes can be longer. Massage therapy and stretches can be incorporated into your treatment plan to maximize results; therefore, the area being treated may be sore / tender as you feel the tissues being stretches.

**Hot Stone Massage Therapy**

A relaxing massage treatment that uses heated, smooth Basalt stones and general Swedish massage techniques. The hot stones are heated via heater (cold stones are available based on preference) Carrier oils are used with different essential oils based on preference, appropriateness and safety also. Unscented oils are always available. This will be discussed with your massage therapist to incorporate into your treatment plan, which you can modify or stop at any time.

**Aromatherapy Massage**

A gentle and relaxing massage therapy treatment using a mixture of essential oils blended specifically for you on the day of your session. Gentle yet effective Swedish massage techniques are used along with a selection of your favorite essential oil mixture that is prepared on the day of your treatment using safe dilutions of the agreed upon carrier and essential oils. This will be discussed with your Registered Massage Therapist/Certified Aromatherapist to incorporate into your treatment plan, which you can modify or stop at any time.

All initial aromatherapy appointments are booked at 90 minutes to include a 10-20 minute assessment session in the beginning and then a 60-75 minute massage treatment time will follow. Following aromatherapy treatment times can be booked at 60-, 75- or 90-minute sessions at full treatment times as long as it is within a year from the time the initial appointment was booked. If inactive after a year, an initial aromatherapy appointment must be booked again so the therapist can do a re-assessment (90 minutes which will be split between an assessment time and treatment time)

Aromatherapy Massage has an incredibly relaxing effect on the part of your nervous system responsible for rest and relaxation. This massage treatment modality is provided by a Registered Massage Therapist who has additional certification as an Aromatherapy Health Professional (C.A.H.P) at Kleinburg Integrative Health.

**Salt Scrub + Mud Wrap Massage Therapy**

This is a relaxing full-body spa treatment where warm towels are placed on skin to warm it up and bring blood flow, and then salt is gently rubbed on skin to gently exfoliate it and move lymph flow all around the body. A rehydrating lotion/butter is then applied to the skin to soothe and nourish it, leaving the skin very soft and hydrated. General Swedish massage is then used to help relief tense fascia and muscles for the remainder of the treatment.

If you’re incorporating the mud wrap modality into your salt scrub treatment, the mud will be applied to your skin after the salt is wiped off with warm towels again. Depending on the type of mud that is being used, it can vary in color and consistency but either way, the mud is very nourishing for the skin. Once applied, your therapist will wrap you in warm thermal blankets for 10-15 minutes while you rest with the mud on your skin, and then they remove it with warm towels. Finally, a nourishing lotion or body butter is applied to seal the skin to complete the treatment.

Since salt is coarse in texture, do not shave before receiving this treatment as it can irritate the skin. Please reschedule your appointment if you have done so.

Please note that treatment cannot be done during pregnancy as it can irritate the nervous system.

**Consent:**

I \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ have read the massage modality consent forms and fully consent for my treating Registered Massage Therapist(s) at Kleinburg Integrative Health to incorporate any of these therapies that I book for into my current and all treatment plan(s) as discussed. I understand the benefits and side effects of these massage modality therapies, also, that I may change or stop my treatments at any time, or withdraw my consent completely at any time, at which point a new treatment plan will be created. I understand the 24-hour cancellation / rescheduling policy.

Clients Signature: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Date:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

*\*\* Required to proceed with these treatments. \*\**