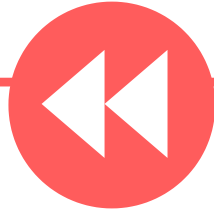


client information form

before

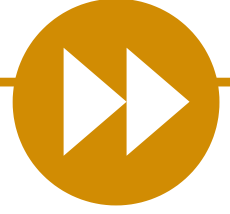


Eat a light meal a couple of hours before treatment.

Wear loose clothing, which is easy to pull up or to one side, to reduce the need to get completely undressed.

Please don't brush your tongue, prior to your appointment, It is a key diagnostic tool.

after



Drink plenty of water

You may feel sleepy and should avoid driving or using heavy machinery straight after your treatment.

Please avoid vigorous exercise after treatment and, ideally, give yourself a little time to rest.

It is advisable not to drink alcohol for several hours after treatment.

t&c

When booking you will be required to pay a 50% deposit to secure the appointment.

If you wish to cancel an appointment, please give at least 24 hours notice, otherwise, your deposit will be forfeit.

The remaining 50% is paid by cash or card only at the time of the appointment



side effects

- *Drowsiness occurs after treatment in a small number of patients.*
- *Minor bleeding or bruising occurs after treatment in about 3% of treatments.*
- *Nerve pain (pins and needles, numbness) occurs in 1% of treatments. The feeling should pass within 24 hours*
- *When releasing muscles there may be some soreness the day after.*
- *Cupping and gua sha can temporarily mark the skin. Such bruising is painless and generally clears within a day or two.*
- *Existing symptoms can get worse after treatment in less than 3% of patients*
- *Fainting can occur in certain patients, particularly at the first treatment.*
- *can occur.*
- *Blisters can occur after moxa or cupping. Do not burst these.*



if any questions please call me asap on 07876224566

SIGNED:

DATE: