

LGHT WELLNESS CONSULT

Facial Gua Sha Massage and Cupping Intake Form

First Name: _____ Last Name: _____

DOB: _____

Address: _____

City: _____ St: _____ Zip: _____

Phone #: _____

E-mail: _____ e-mail opt-in: Y or N

Referral:

Exposure to the sun (please circle): never / light / moderate / excessive

What is your sunscreen regimen? _____

How do you prefer to get skin color? __Sunbathe __Self-Tanning __Tanning Bed __ Nothing

How would you describe your skin? __Normal to oily __Normal to Dry __Extremely Oily

__Extremely Dry __Acne __Combination

Do you experience? __Flakiness __Tightness __Redness __Excessive oily shine
during the day

How does your skin heal? __Fast __Pigments __Scars __heals poorly

Do you bruise easily? Yes / no

Any personal or family history of cancer? Yes / no

Do you take care of your skin at home? Yes / no

Please describe:

Is this your first skin care treatment? Yes / no If no, what have you liked about previous treatments?

Do you smoke? yes / no If yes, specify daily amount:

Do you have (circle all that apply): epilepsy heart condition pacemaker skin cancer diabetes metal pins/plates skin diseases recent operations allergy to aspirin

Have you used Accutane in the past 12 months? yes / no

Have you used Retin-A in the past month? yes / no

Have you had any recent cosmetic procedures? If so, when and what type?

Have you used any other oral/topical skin medications in the past 6 months? yes / no

If yes, please describe: _____

Do you have: allergies to latex? yes / no allergies to skin care products? yes / no Please list: _____

Are you currently on any medications? yes / no Please list: _____

Are you (circle all that apply) pregnant, trying to become pregnant, not pregnant

Have you ever had a reaction to?

___ Cosmetics ___ Metals ___ Medication ___ Food ___ Fragrance ___ Other

My treatment goals for are:

1. _____
2. _____
3. _____

Is there anything else that we should be aware of before we start working together on your skin?

My top 3 areas of concern are:

Thank you for trusting me with your skin and concerns!

In order to provide the best care for your individual skin needs, I have compiled frequently asked questions or concerns you may have about your facial treatment.

What is facial gua sha and how does it work?

Facial gua sha is a traditional eastern (rooted in Chinese medicine) technique that intends to work the lymph, improve and increase circulation/blood flow, and move chi (or “life energy”). In doing so, the skin can detoxify, regenerate, and heal. Overtime, this can clear the skin, leaving your skin brighter, firmer, and more radiant.

Furthermore, gua sha more deliberately follows the structure of the face and has a “sculpting” effect. Overtime, this allows the muscles/tissues to release facial tension, clear blockages, and restore nutrients in the skin to restore its ability to circulate optimally.

Results can vary amongst individuals but you can expect: lymph drainage, reduction in puffiness, “ironing” out of lines and wrinkles, clearing of acne and redness, brightness in complexion, and product penetration.

What is facial cupping and how does it compliment gua sha?

Facial cupping uses suction cups directly on the skin to promote circulation and relieve muscle tension. In addition, its benefits include (similar to gua sha): reduction in puffiness, softening the appearance of lines and wrinkles, and stimulation of collagen to give the skin more firmness. The fascia of the skin will be “stretched” to restore freshness and vibrance. Unlike cupping for the body, facial cups are developed to “glide” gently rather than suction the skin completely.

This treatment will happen before facial gua sha and compliments the service by assisting in manual lymph drainage. Further, the skin of the face will appear and feel tighter and toned.

How often do you recommend treatments to yield optimal benefit?

The effects of facial gua sha and cupping are cumulative. According to your individual skin condition, needs, and immunity, we can determine what will be best for you in terms of consistency in treating your skin.

What to wear:

To ensure your comfort, loose, comfortable clothing is best for treatments. If you feel best without clothing, sheets and blankets will ensure you can cover up. You will be asked to leave your face, neck, and décolleté area free of clothing and jewelry.

What to expect:

Facial gua sha massage and/or facial cupping will be performed while lying down on a treatment bed. Generally, the tools used will be light, gentle stroking motions along the face, neck, scalp and décolleté

As with any treatment, side effects may occur, though they are infrequent. If a side effect were to occur, it would generally be mild. Below some common effects are explained:

Erythema (Redness)

The skin of the face is packed with tiny blood vessels and facial Gua Sha and Cupping increases circulation in a deliberate, healing way. However, in a rare instance that a blood vessel should “break”, the result would be bruising, swelling, or excessive redness. In contrast, due to the increased circulation of blood during this treatment, you may notice the skin seems flushed or superficially rosy/red. This actually encourages the skin to regenerate and heal itself.

Bruising

You know your body and mind best so please be sure to honor yourself. If you feel uncomfortable or pain at any point during your treatment, please feel free to express it.

Contraindications *please read thoroughly prior to treatment***:**

Please inform your practitioner if you have any of the following pre-existing conditions to ensure your optimal benefit of your treatment:

- Skin irritations such as eczema, psoriasis, or herpes
- Irregular skin growths
- Recent bone injury
- Varicose veins
- Pregnancy
- Recent facial or skin treatment performed by a doctor (dermabrasion, chemical peels, fillers, injections, etc)
- Recent chemotherapy or radiation therapy
- Easy bruising
- Hypertension
- Severe migraines
- Swollen lymph or lingering infection

I look forward to working with you and your individual skin needs. This is a time to tune into what your skin is telling us and become more relaxed. Be well and stay LGHT!

Lynn Gallagher