



Heavenly Hands of Maricopa

Treat yourself to a little slice of Heaven in your own backyard.

Consent For FasciaBlaster

The FasciaBlaster™ is a patented revolutionary tool that breaks through fascia. It has been shown to help reduce cellulite, minimize circumference, speed recovery from injury and reduce scar and fascial restriction.

Potential reactions: Bruising, swelling and a detox effect, which can include soreness, headaches, nausea and fatigue. This can especially occur for those who have not received such bodywork before, who have had surgery to the areas being blasted and who have taken certain kinds of medication that might be stored in fat cells.

The bruising and swelling that you see when fascia blasting is not the same as when you run into a table or when you've injured yourself and have internal bleeding. Fascia Blasting bruises are actually healthy, restorative and cleansing.

Here's what's happening:

- It's a sign that you've successfully separated the sticky layers of tissue. Blood rushes to the scene so that healing can begin in that area. When this happens a tingling feeling may occur.
- After FasciaBlasting fat cells, you may get micro fissures in the capillaries to the areas where these fat cells have adhered to the layers of fascia or muscle. This leaves space for the oxygen-rich blood cells to move in and 'gobble up' and breakdown the fat cells. Sometime a temporary detox effect can occur from this process until your body has had time to remove this from your system.
- Bound fascia will bruise more easily than fascia that is not so bound up, but it still depends on how much pressure you are comfortable receiving. Going deeper initially will yield results more quickly, but you still have to decide what's right for you. Your comfort is my priority and I will always work within your levels of comfort.

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What should you do if you bruise?

Homeopathic Arnica & Vitamin C are excellent for cellular repair. You can use Arnica gel externally, Arnica pills internally or high quality essential oils.

What can you do to minimize bruising? (These are suggestions, NOT medical advice!)

Like H2O, Fascia can have different "states." It can be jelly like, semi-hydrated and chunky, or cold, tight and crystallized. Ideally, you want to get your fascia to the jelly state for FasciaBlasting. The two best ways to prepare your body are heat and hydration!

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Using Internal and External Heat:

- Internal: Get your heart rate up and raise your body's temperature!
- External: Use a steam room, sauna, bath, etc. The hotter the better.
- Hydrate! Fascia actually has liquid running through it and if you are dehydrated (most people don't know it when they are) your fascia is going to be sluggish instead of clean. Make sure you hydrate first with water and make sure you are getting electrolytes!

Treatment Recommendation:

The FasciaBlaster™ is best used 2-3 times per week for at least 6-8 weeks and then follow up use of at least once a week afterwards. There are 2 phases of FasciaBlasting, the breaking down phase and the healing phase. Once you've achieved your desired result, you again have a choice with maintenance. Do it as needed, do it once a week, or every couple of weeks, or every other day in a different area. Again, it's about personal preference and what works best for you!

Contraindications:

People who are pregnant, have a history of blood clots or are on blood thinners should not use the FasciaBlaster™ techniques. If you start taking such medication, please inform the therapist so your treatment plan can be adjusted.

If I choose to experience this therapy in my treatment, I understand the effects and after-care recommendations. It has been explained to me that there is the possibility of a temporary skin discoloration, such as bruising or tenderness. I am aware that such a bruise will dissipate within a few days. I understand that all treatments by the therapist at this facility are therapeutic in nature and that I may feel flu like symptoms, and possibly a little nausea, when my body releases the stuck toxins. I agree to notify the therapist of any physical discomfort experienced during the session. I have stated all relevant physical conditions, and will inform the therapist of any changes in my health.

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I understand the importance of the following recommendations for both pre and post care:

- Drink plenty of water (half your bodyweight in ounces) each day. Come to your sessions fully hydrated. Warm showers, steam, sauna and exercise prior to massage is encouraged.
- The FasciaBlaster™ is a tool used to release adhesions and restrictions in the fascia, promote blood flow and increase range of motion. Because of the increased circulation and breakup of myofascial adhesions, some discoloration in the skin may occur. It is temporary and a part of the body's normal healing process. Arnica and Vitamin C may help expedite and reduce this discoloration.

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I have been informed of the contraindications:

- People should avoid this treatment if they are on blood thinners, have a history of blood clots, pregnant, are afraid of bruising, or are under high amounts stress. I have stated all physical conditions, and will inform the therapist of any changes in my health.
- It has been explained to me that temporary skin discoloration can appear, sometimes taking a couple of days to show, as fascia is released.
- I agree to notify the technician of any physical discomfort experienced during the session.
- I give my consent to receive treatment.

Client (**printed name**)

Client (**signature**)

Date