

WOOD THERAPY TREATMENT CONSENT FORM

What is Wood Therapy?

Wood Therapy, is commonly called 'Columbian Wood Therapy' is an effective and natural way of improving skin appearance and contouring/toning the body. Wood Therapy refers to the use of a variety of portable wooden tools to massage the body, applying careful pressure to areas of skin with fatty deposits and/or cellulite. Each tool is designed for a various depths and fatty areas of the body. Wood Therapy requires the application of oil or lotion to assist the tools gliding across your body without damaging the skin. Wood Therapy is a non-invasive treatment suitable for the reduction of stubborn fat. It is not a weight-loss solution.

How Wood Therapy works

Wood Therapy smooths and stimulates the skin while breaking down fat and cellulite, which is then eliminated through the body's natural toxin elimination process.

This causes the fat cells to release their stored fatty acids, glycerol, and water into the body. These fatty acids are then processed and eliminated by the body's lymphatic system.

These benefits may include;

- Breaks down fat & cellulite
- Stimulates Lymphatic drainage system
- Improves elasticity & blood circulation
- Contours the body encouraging fat elimination
- relief of muscular tension
- Tones & tightens skin
- Eliminates toxins
- Speeds up metabolism
- Alleviates stress
- provision of general wellbeing

What you can expect

- The area may feel tender immediately after wood therapy
- The treated area maybe flushed, red, sore and feel tingly and on rare occasions bruising
- Increased awareness of areas of pain and light-headedness amongst other possible temporary outcomes.

How many treatments

3 - 5 sessions spaced 3-7 days apart are recommended for optimal results.

A review of the progress is recommended periodically throughout this schedule. We will use our experience and expertise to be able to provide you with the closest guide possible when advising the number of sessions required. Please note, results will vary client to client due to age, lifestyle, condition of the skin and stubbornness of the concern, so more than the recommended amount of sessions may be required. In most cases, more than one treatment is needed to achieve the desired results. Some clients see results a lot quicker than others however this again will vary person to person. Non-invasive Body Contouring is a process and we are with you the whole way. Please be patient, we are just as excited about seeing the results as you are.

Aftercare

It is important to keep well hydrated post treatment.

Do you have any of the following?

- | | |
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| • Pregnant or breastfeeding | Yes / No |
| • Heart problems or diseases | Yes / No |
| • Diabetes | Yes / No |
| • High blood pressure (controlled or uncontrolled) | Yes / No |
| • Cancer (All types) | Yes / No |
| • Kidney or Liver damage, diseases or problems | Yes / No |
| • Acute inflammatory processes | Yes / No |
| • Haemorrhagic disease, trauma or bleeding | Yes / No |
| • Medical plastic parts or parts with metal inside | Yes / No |
| • Abnormal immune system or immunodeficiency | Yes / No |
| • Numb or insensitive to heat | Yes / No |
| • Skin conditions such as eczema, dermatitis, infection or rashes | Yes / No |
| • Active implanted device such as pacemaker or defibrillator | Yes / No |
| • Undergoing chemotherapy or immune therapy | Yes / No |
| • Prednisone and other steroid medications | Yes / No |
| • HIV/AIDs, Lupus, Epilepsy, Thyroid Disease | Yes / No |
| • History of Cancer or Transplant Anti-Rejection Drugs | Yes / No |
| • Recent surgery or scars or open lesions | Yes / No |
| • Are you allergic to nuts? E.g. peanuts, walnuts, almond | Yes / No |

Please list any other pre-existing or current medical conditions you may have;

Do you have any known sensitivities or allergies to oils, beauty products or lotions? Yes / No

(Example: Have you ever developed a skin rash, swelling or redness after using a skin lotion, oil, gel or soap?)

If yes, please list them here;

I have provided a detailed medical history. I do not expect the therapist to have foreseen any previous or pre-existing condition that I have not mentioned.

I understand that Wood Therapy may provide benefits for certain conditions but results are not guaranteed. The benefits and potential side effects associated with the wood therapy have been explained to me in detail. These benefits may include relief of muscular tension, relaxation, reduction in fat & cellulite, reduction of stress-related conditions and provision of general wellbeing.

I also understand that massage therapy may produce side effects such as muscle soreness, mild bruising, increased awareness of areas of pain and light-headedness amongst other possible temporary outcomes.

I will tell the therapist about any discomfort I may experience during the therapy session and understand that the therapy will be adjusted accordingly.

I have chosen to consult with and hereby give consent for wood therapy, I have read the information above and give my consent to be treated.

Print Name

Signature

Date

Pictures may be obtained for clinical records. If pictures are used for education or marketing purposes, all identifying marks will be cropped or removed.

Initial: _____

Aftercare Fact Sheet & Protocols

Thank you for choosing [Insert Business Name Here] for your Non-Invasive Laser Lipo Treatment. Along with preparing for your treatment, it is just important to know what is required after your treatment.

In order to maintain our high standards of safety, and to maximise your results, there are a few important things to know and follow before & after your treatment:

- **Water:** Drink plenty of water (at least 2 litres) before and after the treatment. Drinking water is a necessary part of the treatment to facilitate the elimination of broken-down fat. This treatment is non-invasive meaning no needles or cutting is involved to remove the fat from the body. The fat is processed naturally via the liver and lymphatic system. In order for the fat to leave the body correctly, it is important to keep your body hydrated. Our bodies are made up of around 60% water so with or without treatments, drinking enough water is vital to your overall health.
- **Alcohol:** Please avoid any alcohol 24 hours pre-treatment and 48 hours after treatment.
- **Exercise:** Do some light exercise to elevate your heart rate such as a brisk walk for at least 20 minutes after the treatment to stimulate lymph movement.
- **Skin Irritation:** If the skin is red, irritated or broken, we cannot treat until the skin has completely healed
- **Pregnancy/breastfeeding:** Our treatments are not suitable for those who are pregnant or breastfeeding
- **Medication:** Please advise us of any blood thinning or photosensitive medication.
- **Diet & Lifestyle:** Our body contouring treatments must be had in conjunction with a healthy diet and lifestyle which includes the consumption of at least 2 litres of water per day to achieve results.

You can return to work or normal activities immediately after the treatment.

Lifestyle Impacts On Targeted Fat Areas

Our treatments target stubborn subcutaneous fat, not visceral fat. Visceral fat is the deep dangerous fat around the organs that can only be influenced through diet, lifestyle (sleep, stress) and exercise.

It is therefore important to keep a close eye on your visceral fat levels through the course of the treatments – eat a healthy, balanced diet, keep active, drink water, sleep and manage stress levels. If your lifestyle changes in a negative way, your visceral fat cells will expand and you will put on weight all over the body! This change can have a massive impact on the success of the treatments. Basically, our treatments may reduce stubborn subcutaneous fat cells, so if you are expanding your visceral fat cells (through an unhealthy lifestyle) the results of our treatments will be hidden.