

Shiatsu Consent Form

By signing this form, you agree that:

1. It's your choice to receive Shiatsu treatment.
2. People have said that Shiatsu can help in the treatment of many physical and mental health conditions. However it is not a substitute for conventional medicine / mental health therapy and does not constitute diagnosis.
3. Although there may be health and lifestyle guidance with Shiatsu, it doesn't constitute any kind of prescription.
4. The degree of success depends on each individual's characteristics and the nature of their condition.
5. You may experience some side effects of Shiatsu treatment, such as a surge of energy, headache, muscular stiffness, emotional overwhelm, sleeping more than usual, tiredness or drowsiness. Please let me know if you experience any of these symptoms at our next session.
6. A series of treatments may be required.
7. It is helpful to state all accidents and hospitalisations, past or present medical conditions that you are aware of, and any changes in health between sessions.
8. Please let me know if there is any discomfort during any part of the session, including feelings of inappropriate touch, feeling too hot or too cold etc.
9. It's your right to accept or refuse any treatment. You may stop the treatment at any time, even in the middle of a session.
10. Pre-paid fees are non-refundable, unless I cancel.
11. Cancellations: please cancel at least 24 hours before your session. I may not be able to extend your session if you are late nor refund you for a missed session.
12. Information is stored according to GDPR guidelines set out here: <https://www.shiatusociety.org/code-professional-conduct-and-ethics>.
13. Please wear loose, comfortable clothes, your shoulders and midriff must be covered; please do not wear a skirt, shorts above the knee or vest tops. If you would like me to wear a mask during the session please say.
14. Please do not come to your session within 1 hour of eating, or within 2 hours of having drunk alcohol or having used recreational drugs.
15. During the treatment, you may find your body responding in the following ways: passing wind, belching, stomach rumblings, sighing, yawning, falling asleep. This is entirely natural and in fact is a sign that energy that was stuck is now moving. Please don't worry and continue to enjoy the session.
16. It's my right to stop treatment at any time, even in the middle of a session.

Signed: _____

Full name: _____

Date: _____

Email: _____

bank account name: Wye Valley Shiatsu
sort code: 040004
account number: 89265726

Many thanks, Vicky