

ANCIENT ESTHETICS

Facial Cupping Client Consent & Informed Consent

Appointment Date: _____

Esthetician: Aileen Leyba-Hernandez

CLIENT DETAILS

Name: _____

Sensitive Skin: Yes _____ No _____

Please Explain: _____

FACIAL CUPPING INFORMED CONSENT

I do hereby consent to receive facial cupping treatment performed by an esthetician at Ancient Esthetics.

_____ I understand facial cupping is designed to promote circulation, lymphatic drainage, relaxation, and improve the appearance of the skin.

_____ I understand temporary redness, pinkness, tenderness, or mild sensitivity may occur following treatment.

_____ I understand slight bruising may occur in rare cases and is typically temporary.

_____ I understand results vary from person to person and no guarantee has been made regarding treatment outcomes.

_____ I understand that I must inform my esthetician of any changes in my health or skin condition prior to treatment.

_____ I understand that I may request that treatment be stopped at any time during the service.

AGREEMENT

By signing below, I acknowledge that I have read, understood, and consent to the above checklist and facial cupping procedure.

Client Signature _____ Date _____

Technician Signature _____ Date _____

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Client Copy – Facial Cupping Pre- & Post-Care Instructions (Please Keep This Page)

Pre-Care Instructions

Please follow these guidelines before your appointment:

- Avoid Botox or dermal fillers within the previous 2 weeks.
- Avoid excessive sun exposure for 48 hours prior to treatment.
- Discontinue retinol, Retin-A, tretinoin, glycolic acids, and exfoliating products 3–5 days before treatment.
- Inform your esthetician of any recent cosmetic procedures, skin sensitivities, or medical conditions.
- Arrive with clean skin whenever possible.
- Stay well hydrated before your appointment.

Post-Care Instructions

- Drink plenty of water for 24–48 hours following treatment.
- Avoid excessive heat, saunas, steam rooms, and hot tubs for 24 hours.
- Avoid strenuous exercise for 24 hours.
- Avoid exfoliating products, retinol, and active ingredients for 48 hours.
- Wear SPF 30 or higher daily.
- Mild redness is normal and should resolve within a few hours.
- Temporary cup marks may occur and generally fade within a few days.

Contact Ancient Esthetics if you experience prolonged irritation or concerns following treatment.