

YOUNIVERSE

ACUPUNCTURE

CONSENT TO TREAT FORM FOR ACUPUNCTURE, BODYWORK, AND FACIAL ACUPUNCTURE SERVICES

This document is intended to inform you about the nature and potential risks of acupuncture, bodywork, and facial acupuncture services, and to obtain your consent to proceed with treatment. Please read carefully before signing.

Definitions:

Acupuncture:

Acupuncture is a traditional healing method that involves the insertion of thin, sterile needles into specific points on the body to balance the body's energy, also known as "Qi" (pronounced "chee"). Acupuncture is used to promote healing, reduce pain, and improve overall well-being by restoring balance to the body's energy systems.

Facial Acupuncture:

Facial acupuncture is a specific form of acupuncture that focuses on reducing the visible signs of aging on the face and neck by inserting thin needles into fine lines, wrinkles, and other areas to stimulate blood flow and promote skin rejuvenation. This treatment also addresses overall body health, as facial acupuncture involves balancing the body's energy holistically.

Bodywork:

Bodywork refers to various manual therapies aimed at improving physical and emotional well-being through physical manipulation of the body's muscles and tissues. At YOUNIVERSE Acupuncture, bodywork consists of massage therapy and reflexology.

- Massage therapy involves applying pressure and movement to muscles and soft tissues to alleviate tension, reduce pain, and promote relaxation.
- Reflexology is a type of bodywork that focuses on applying pressure to specific points on the feet, hands, or ears, believed to correspond to other parts of the body, to support healing and balance.

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1. NATURE OF ACUPUNCTURE, BODYWORK, AND FACIAL ACUPUNCTURE TREATMENT

Acupuncture is a form of treatment that involves the insertion of thin, sterile needles into specific points on the body to influence and balance the body's energy or "Qi." Bodywork may involve various manual therapy techniques, such as massage and reflexology, to support physical and emotional well-being. Acupuncture, bodywork, and facial acupuncture treatments may also involve additional therapies such as cupping, moxibustion, electrostimulation, gua sha, tui na massage, which will be explained to you as needed.

2. PURPOSE OF TREATMENT

The purpose of acupuncture, bodywork, and facial acupuncture treatment is to improve the body's overall functioning, relieve pain, and promote physical and emotional well-being.

3. POSSIBLE RISKS AND SIDE EFFECTS

Acupuncture, bodywork, and facial acupuncture are generally safe when performed by a qualified practitioner. However, it is important to be aware of possible risks, which include, but are not limited to:

- Minor bleeding or bruising at the needle or treatment site.
- Temporary soreness or tingling at the treatment site.
- Lightheadedness, dizziness, or fainting.
- Infection (though rare when sterile needles are used).
- Aggravation of symptoms (though this is usually temporary).
- Spontaneous miscarriage, particularly in patients who are pregnant (this risk will be discussed if applicable).
- Organ puncture, including lung puncture (pneumothorax), although this is extremely rare.

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ACUPUNCTURE

- Nerve damage, which is also extremely rare but possible.

I understand that there are no guarantees concerning the outcome of acupuncture, bodywork, or facial acupuncture treatment. The practitioner will make every effort to provide safe and effective treatment, and I understand that I may discontinue treatment at any time.

4. SENSITIVE NATURE OF TREATMENTS

Certain acupuncture, bodywork, and facial acupuncture treatments may address sexual and/or emotional concerns. Some of these treatments involve points located in delicate areas of the body, such as the abdomen, lower back, pelvis, or genitals. The purpose of working with these areas is to address the flow of energy, emotional well-being, and physical health. I understand that I will be fully informed about any sensitive treatments before they are administered, and I have the right to refuse or withdraw consent for any treatment at any time.

5. INFRARED HEAT LAMP AND TABLE WARMER

In addition to acupuncture and bodywork, infrared heat may be applied using an infrared heat lamp or an infrared table warmer. These devices are designed to promote circulation, relaxation, and relieve muscle tension. While generally safe, it is important to be aware of the following risks:

- Burns or overheating if exposed to the heat for extended periods or if sensitivity to heat is present.
- Skin irritation from prolonged exposure to infrared heat.
- Dehydration due to excessive exposure to heat from infrared therapy.

I understand that conditions such as heat sensitivity, diabetes, neuropathy, or other conditions that could affect my ability to safely tolerate infrared heat therapy must be disclosed to the practitioner before the use of infrared heat lamps or table warmers. I also understand that I have the right to refuse the use of infrared heat at any time.

6. FACIAL ACUPUNCTURE

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Facial acupuncture treatment involves the insertion of acupuncture needles into fine lines and wrinkles on the face and neck in order to reduce the visible signs of aging. It addresses the entire body constitutionally, and is not merely “cosmetic.”

Facial acupuncture is not a substitute for surgical procedures and involves a gradual, organic process. The treatment session may include other modalities like micro-current facial treatment.

Potential Benefits: Facial acupuncture can increase facial tone, decrease puffiness around the eyes, bring firmness to sagging skin, and enhance complexion radiance.

Risks: As with any procedure, there are risks, including:

- Bleeding and Bruising – Minor bleeding or bruising may occur. Bruising may require the use of sunscreen and additional treatment.
- Infection – Infection is rare but can occur.
- Damage to Deeper Structures – Damage to nerves or muscles is rare but possible.
- Asymmetry – Natural asymmetry may cause varying results on either side of the face.
- Nerve Injury – Rare but may cause temporary or permanent changes.
- Needle Shock – Rare complication of acupuncture.
- Unsatisfactory Results – Results may not meet expectations.
- Allergic Reactions – Rare reactions to topical preparations.
- Delayed Healing – Conditions like smoking or chronic health conditions may delay healing.

I understand the risks involved with facial acupuncture treatments and that results may vary from person to person. I acknowledge that facial acupuncture is not a surgical procedure and that alternative treatments like surgery, face peels, or fillers exist.

7. WESTERN MEDICAL CARE AND DIAGNOSTICS

I have been informed and understand that acupuncture, bodywork, and infrared heat treatments are not substitutes for Western medical care. If I have any medical concerns, I have been advised to

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ACUPUNCTURE

consult with a licensed Western medical doctor. Depending on the nature and severity of my condition, Western medical diagnostics such as blood tests, imaging, or other diagnostic procedures may be required before or during the course of my acupuncture, bodywork, and infrared heat treatments. The practitioners at HAD II ACUPUNCTURE PLLC, practicing under the name YOUuniverse Acupuncture, may refer me to Western medical professionals if necessary to ensure safe and effective treatment.

8. ALTERNATIVE TREATMENTS

I understand that alternative treatments, including herbal therapy, supplements, acupuncture, facial acupuncture, moxibustion, cupping, reflexology massage therapy, and bee venom therapy, are available for my condition.

Below are descriptions and potential side effects of these alternative treatments:

Moxibustion:

Moxibustion is a therapy that involves burning a herb called mugwort (*Artemisia vulgaris*) near or on specific acupuncture points on the body. The heat generated from the burning moxa helps stimulate circulation, promote healing, and warm areas of the body to balance the flow of energy (Qi).

Possible Side Effects of Moxibustion:

- Burns or blistering from the heat.
- Skin irritation or redness.
- Allergic reaction to smoke or moxa herb, particularly in sensitive individuals.

Cupping:

Cupping is a therapeutic practice that involves placing glass, silicone, or plastic cups on the skin to create suction. The suction draws the skin and superficial muscles into the cups, which helps improve circulation, release muscle tension, and promote relaxation.

Possible Side Effects of Cupping:

- Temporary marks or bruising on the skin (which may last a few days to a week).
- Mild discomfort or soreness at the cupping site.
- Rare risk of skin irritation or blistering if left on for an extended period.

Facial Cupping:

Facial cupping uses smaller, gentler suction cups designed for the delicate skin of the face. The suction promotes increased blood circulation, enhances lymphatic drainage, and stimulates

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collagen production, improving skin tone and reducing puffiness. Unlike traditional cupping, facial cupping typically does not leave bruises.

Possible Side Effects of Facial Cupping:

- Temporary redness or slight swelling.
- Slight sensitivity or irritation in treated areas.
- Rare cases of broken capillaries or minor bruising, though uncommon.

Gua Sha:

Gua sha is a manual therapy that involves scraping the skin with a smooth-edged tool, typically made of materials such as stone, stainless steel, amethyst, and citrine. This technique helps to release tension, improve circulation, and stimulate lymphatic drainage. Gua sha is often used to reduce muscle pain and inflammation and promote relaxation.

Possible Side Effects of Gua Sha:

- Temporary redness or bruising (known as "sha") at the treated area.
- Mild soreness in areas where the tool is used.
- Rarely, minor skin irritation or sensitivity after treatment.

Supplements:

Supplements refer to vitamins, minerals, and other nutritional products designed to support health and wellness. These are typically taken orally in the form of tablets, capsules, powders, or liquids. Supplements are used to address deficiencies, support the body's healing processes, and enhance overall vitality.

Possible Side Effects of Supplements:

- Digestive discomfort or nausea.
- Allergic reactions in sensitive individuals.
- Potential interactions with medications or other treatments, which should be discussed with your practitioner.

Herbal Therapy:

Herbal therapy involves the use of natural plants and plant-based substances to support healing and promote balance in the body. Herbal formulas may be prescribed in the form of teas, capsules, powders, or tinctures, and are tailored to each individual's unique needs.

Possible Side Effects of Herbal Therapy:

- Allergic reactions to specific herbs.
- Digestive upset or changes in bowel movements.

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- Possible interactions with medications, which should be discussed with your practitioner.

Bee Venom Therapy (BVT):

Bee Venom Therapy is a type of apitherapy that involves using bee venom to promote healing. The venom contains compounds such as melittin and apamin, which have anti-inflammatory, pain-relieving, and immune-modulating properties. BVT is used for conditions such as chronic pain, autoimmune diseases, skin conditions, and is also utilized in facial acupuncture for anti-aging effects. The venom may be administered through acupuncture needles or directly via bee stings.

Possible Side Effects of Bee Venom Therapy:

- **Localized Reactions:**
 - Pain, redness, and swelling at the site of application.
 - Itching or warmth around the treated area.
- **Allergic Reactions:**
 - Mild allergic reactions such as hives or rashes.
 - Severe allergic reactions (anaphylaxis), which may include difficulty breathing, swelling of the face or throat, rapid heart rate, and loss of consciousness. A honeybee allergy test may be required before treatment.
- **Systemic Reactions:**
 - Flu-like symptoms, such as fatigue or fever.
 - Dizziness or nausea.
- **Autoimmune Flare-ups:**
 - For individuals with autoimmune diseases, BVT could potentially trigger flare-ups.
- **Other Complications:**
 - Risk of infection at the treatment site.
 - Potential adverse interactions with medications (e.g., blood thinners).

I acknowledge that YOUuniverse Acupuncture reserves the right to require a honeybee allergy test provided by an accredited lab before administering bee venom therapy. I also understand that I have the right to pursue or refuse these alternatives.

9. DISCLOSURE OF MEDICAL HISTORY

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I certify that I have informed my practitioner of any pre-existing medical conditions, medications, allergies, pregnancy, or other relevant health information. I understand that my medical history is important for my safety and treatment success.

10. CONFIDENTIALITY

I understand that all my medical records and personal information will be kept confidential and will not be disclosed to anyone without my written consent, except as required by law.

11. FINANCIAL AGREEMENT AND AUTHORIZATION TO CHARGE CARD ON FILE

I understand that I am responsible for all fees for acupuncture, bodywork, and infrared heat services provided, whether paid by myself or by an insurance provider. I understand the costs and payment policies as explained by the provider.

I also acknowledge that YOUniverse Acupuncture reserves the right to charge the credit card on file for any unpaid services, including missed appointments, late cancellations and late rescheduled appointments. By signing this form, I confirm that I have either provided my card information in person to be added to my file or I have successfully completed the payment authorization form on the website youacu.com.

12. CANCELLATION/REFUND POLICY

All appointments canceled or rescheduled with less than 24 hours' notice will be charged 100% of the cost of the service booked. Rescheduled appointments for the same day of original service but at a different time are not subject to charge.

Please note that all packages and gift certificates purchased are non-transferable and non-refundable.

CONSENT TO TREAT

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I have read the above information, and I fully understand its contents. I have had the opportunity to ask questions regarding acupuncture, bodywork, infrared heat treatment, facial acupuncture, and bee venom therapy, and any related procedures. My questions have been answered to my satisfaction.

I hereby voluntarily consent to receive acupuncture, bodywork, infrared heat treatments, facial acupuncture, and related therapies by Dr. Hal De Longchamp II, L.Ac., and/or other licensed practitioners at HAD II ACUPUNCTURE PLLC, practicing under the name YOUNiverse Acupuncture. I understand that I may withdraw my consent at any time.