

Consent and Waiver of Liability for Soul Fit H&W Fascia Blasting Sessions

Last Name:	First Name:
Address:	City, State, Zip:
Phone #: Home or Cell:	
Email:	
Emergency Contact:	Emergency Contact #:
Relationship:	
Birthday:	Age:
Referred by:	

Notes:

In the interest of your health and safety, if you are affected by any of the following conditions, you will be required to obtain a referral letter from your primary health care practitioner (ie. MD or ND) prior to commencing your Fascia Blasting or Exercise & FB session using infrared heat. Please ask us for a referral form to take to your doctor. Your doctor may call if he/she has any questions.

***Contraindications for Fascia Blasting: INT: _____

The Fascia Blaster is intended for use on healthy individuals. Please consult your healthcare professional before beginning any exercise, fitness, healthcare or beauty program using the Fascia Blaster protocols. Do not use:

- If you have any history of blood clots (also known as deep vein thrombosis).
- On the carotid artery
- On any other artery
- If you are taking any blood thinners (also known as anticoagulants)
- Directly on varicose veins
- Internally
- On a pregnant belly or during pregnancy.

The Fascia Blaster is an exercise device, controlled by the user. The depth of pressure, amount of bruising, and the intensity of use is 100% under user control.

Sign and Date that you have read the above contraindications and you do not have any of the above contraindications:

Fascia Blasting Sessions

Pre-care for your Fascia Blasting Session:

*Make sure to drink plenty of water prior to your sessions. For greatest results, try to drink 1oz of water per body weight. Drinking enough water will help with releasing the toxins and fat cells into the body, make the tissues more pliable, and help decrease the detoxing symptoms. _____ INT

For BEST results, heat the body. This is important for the Fascia Blaster to properly work on the fascia and remove any fascial adhesions and lyse fat cells. _____ INT

After Care for your Fascia Blasting Session

Bruising is extremely common after and during your Fascia Blasting session. In order to minimize the lasting effects of bruising, proper post-care is important. Listed below are a few ways to heal and minimize the bruising: _____ INT

- Take Arnica Montana (6c to 12c) Pellets or Pills 2-3x daily till bruising has subsided.
- Massage Arnica Cream or Gel daily, 2-3x on the bruised areas till tenderness and bruising subsides.
- Use Ashley Black Post Blasting Cream.
- Take an Epsom salt bath (3-4 cups of Epsom Salt per bathes) and soak for 20 min. Add Lavender Essential Oil to help with bruising as well.

Don't blast the same area till bruises are healed or there is no more pain in the area. _____ INT

I hereby understand and acknowledge that I have none of the current medical history mentioned above to participate in the training programs and events and sessions held by the Soul Fit Personal Training LLC, may be exposed to many inherent risks, including dehydration, heat sickness, bruising, detox symptoms such as headaches, bloating, swelling, increased bowel movements, fatigue, emotional releases, illness, or even death. I assume all risk of injuries associated with participation including, and all other such risks being known and appreciated by me.

I hereby acknowledge my responsibility in communicating any physical and psychological concerns that might conflict with participation in activity. I acknowledge that I am physically fit and mentally capable of performing the physical activity I choose to participate in.

After having read this waiver and knowing these facts, and in consideration of acceptance of my participation and the furnishing services to me, I agree, for myself and anyone entitled to act on my behalf, to HOLD HARMLESS, WAIVE AND RELEASE the Soul Fit Personal Training LLC, its officers, agents, employees, organizers, representatives, and successors from any responsibility, liabilities, demands, or claims of any kind arising out of my participation during a Fascia Blast session, programs and/or events.

By my signature, I indicate that I have read and understand this Waiver of Liability. I am aware that this is a waiver and a release of liability and I voluntarily agree to its terms.

Participant's Name (Please Print):

Participant's Signature: _____ Date: _____

In case of emergency, contact: _____ Phone: _____

Take-home Information about Fascia Blasting

Pre-care for your Fascia Blasting Session:

*Make sure to drink plenty of water prior to your sessions. For greatest results, try to drink 1oz of water per body weight. Drinking enough water will help with releasing the fat cells into the body, make the tissues more pliable, and help decrease the detoxing symptoms.

For BEST results, heat the body. This is important for the Fascia Blaster to properly work on the fascia and remove any fascial adhesions and lyse fat cells.

After Care for your Fascia Blasting Session

Bruising is extremely common after and during your Fascia Blasting session. In order to minimize the lasting effects of bruising, proper post-care is important. Listed below are a few ways to heal and minimize the bruising:

- Take Arnica Montana (6c to 12c) Pellets or Pills 2-3x daily till bruising has subsided.
- Massage Arnica Cream or Gel daily, 2-3x on the bruised areas till tenderness and bruising subsides.
- Use Ashley Black Post Blasting Cream.
- Take an Epson salt bath (3-4 cups of Epson Salt per bathes) and soak for 20 min. Add Lavender Essential Oil to help with bruising as well.
- Dry Brush to increase lymphatic drainage after the session to reduce inflammation.

Don't blast the same area till bruises are healed or there is no more pain in the area. Drink your body weight in ounces of water to help detox and rid your body of the fat and toxins released during your session! In order to get the best results, you should fascia blast the area 2-4x a week. Depending on the type of cellulite it can take 2-4 weeks for results, up to 12-16 weeks for results. Consistency is the key to the best results.

Any questions concerning fascia blasting or afterwards, please don't hesitate to call, text or email me.

Amanda Arnold Soul Fit Personal Training, LLC Amanda@SoulFitmn.com Cell -651-302-6153