



Informed Consent for Marma Therapy

What is Marma Therapy?

Marma Therapy is a form of Ayurvedic therapy that involves the stimulation of specific energy points (known as "marma points") on the body. These points are believed to be linked to the body's energy pathways, and the therapy aims to promote balance and healing in the physical, emotional, and spiritual aspects of health. Marma points can be activated through various techniques, including gentle touch, massage, pressure, and sometimes oils or herbal preparations.

Purpose of Treatment

Marma Therapy is being offered to assist with:

- Reducing stress and anxiety
- Improving circulation
- Enhancing overall physical and emotional well-being
- Supporting energy flow and vitality
- Promoting relaxation and mental clarity

Procedure

- Marma Therapy will be performed by a trained practitioner who will locate specific points on your body (specifically the scalp) and apply gentle pressure or massage to stimulate these areas.
- You may be asked to remove certain clothing or jewelry to allow for proper access to specific marma points, but your privacy will be respected at all times.
- The practitioner may use oils, herbs, or other natural substances during the therapy, depending on your treatment plan.

Potential Benefits

While many individuals experience improved relaxation, stress relief, and general well-being, the benefits of Marma Therapy may vary from person to person. Some potential benefits include:

- Decreased muscle tension
- Enhanced circulation
- Mental clarity and relaxation
- Emotional balance and stress reduction

Risks and Discomfort

Marma Therapy is generally considered safe when performed by a trained professional. However, like all therapeutic treatments, there may be some risks or discomforts, including:

- Mild soreness or tenderness at specific points after the session.
- Temporary emotional release or heightened sensitivity.
- Allergic reactions to oils or herbal preparations (please inform your therapist of any allergies).
- Rare, but potential discomfort or light-headedness.

If you experience any unusual or severe discomfort, it is important to notify the practitioner immediately.

**Confidentiality**

All personal and health information provided to the therapist will be kept confidential in accordance with applicable privacy laws and ethical guidelines. Your consent for treatment will be the only information shared, unless otherwise specified by you or required by law.

Consent to Treatment

By signing below, you confirm that:

- You have provided accurate and truthful information about your health history and any medical conditions, allergies, or medications you are currently taking.
- You understand the purpose, procedure, potential risks, and benefits of Marma Therapy.
- You are aware that Marma Therapy is not a substitute for medical care and does not replace traditional medical treatments.
- You voluntarily consent to receive Marma Therapy and understand that you may stop or pause treatment at any time without penalty.
- You acknowledge that the practitioner is qualified to perform Marma Therapy, and you will discuss any concerns or discomfort during the treatment.

Patient's Signature: _____

Date: _____

Practitioner's Signature: _____

Date: _____

Emergency Contact Information

Name: _____

Phone: _____

Important Notes:

- If you are currently under the care of a physician or have a medical condition, consult with your doctor before starting Marma Therapy.
- Pregnant individuals should consult with their healthcare provider before undergoing Marma Therapy.