

## Important Notes about Cupping Therapy

The ancient technique of cupping uses suction to increase the flow of blood and lymph, decrease pain and muscle tightness, and rejuvenate tissue. The movement with suction cups lifts tissues to release rigidity, loosen adhesions, release and clear stagnation, allow space between layers of tissues to promote circulation, and engage the parasympathetic nervous system, which allows deep relaxation to move throughout the entire body.

### **Prior to receiving cupping therapy, it is important to note the following:**

- Be sure to disclose all health factors to your spa therapist, as there are contradictions that may not make cupping therapy a suitable experience. These include:
  - Broken bones, dislocations, hernias, slipped discs, organ failure, and while undergoing cancer therapies
  - Liver or kidney functional illness, heart disease, 3D varicose veins, systemic cancers or recent surgical incisions
  - Sunburned skin, acute stages of psoriasis, eczema, or rosacea
  - Those with hemophilia, diabetes, high or low blood pressure or those on blood thinners should note that the spa therapist will be start with less cups/suction and then increase from there as good results are experienced.
  - Strong stationary cupping is ill advised for those who are exhausted, hungry, or visibly emotionally distraught

### **Following cupping therapy, please note:**

- Those with low blood pressure should rest before rising from the table
- It is possible temporary skin discolorations may occur as a result of cupping therapy due to the release and clearing of stagnation and toxins from the body. This reaction is not bruising, but is due to cellular debris, pathogenic factors and toxins being drawn to the surface to be cleared away by the circulatory system. These discolorations will dissipate within a few hours to as long as two weeks in some cases and in relation to your after-care activities.
- During your first cupping therapy experience, the body's immune system can temporarily react to this release as it might with the flu – producing effects like nausea, headache, and aches that will subside in time with rest and water.
- It is very important to drink an abundance of water after your service, as water helps to dilute the intensity of the release.
- Avoid excessive heat, chill, or exercise for four to six hours post-treatment.