

# Guidelines

## Before your session

- Hydrate - Drink plenty of water 24 hours prior to treatment.
- Do not shave within 4 hours of treatment
- Do not exfoliate the skin BEFORE or AFTER treatment
- Avoid sunbathing. If you have a sunburn, treatment will be rescheduled.
- Do not arrive hungry or thirsty. However, avoid eating a heavy meal.
- Reduce consumption of caffeine, alcohol, sugary foods and drinks, dairy and processed meats 1-3 days prior to treatment.

## After your session

- Clients with Low Blood Pressure should be careful getting off the table and driving home.
- Following treatment, dizziness can occur.
- Avoid extreme cold, wind, or excessive heat for at least 4-6 hours after treatment.
- Avoid hot showers, steam, sauna & exercise for 24 hours.
- Hydrate - Drink lots of water.
- Continued on next page...

CUPPING  
THERAPY

## After your session continued...

Avoid caffeine, alcohol, sugary foods and drinks, dairy and processed meats for at least 24 hours.

Skin markings, redness and discoloration can occur. Cupping should be discontinued until these marks are completely healed.

Do not receive other bodywork for 48 hours as this could overload your system or it could negate the work that has been done.

\*\*Remember that cupping therapy starts working on detoxifying and opening lymphatic pathways slowly for those who have more "solid bloat" or specific trauma to the tissue, but sometimes with dramatic results.

Subsequent sessions will yield even better results and eventually will be done faster.

## When to schedule your next cupping therapy session.

Ample time should be considered when scheduling a series of appointments. Any skin discoloration or side effects should be completely resolved before scheduling another treatment.

Skin markings, discoloration and redness can occur. These markings can facilitate healing and hold therapeutic benefits. If you are hesitant about being seen or insist on not having markings then cupping is NOT the right treatment for you. Please plan events and outings according to personal preferences. (i.e. wearing a backless dress to a luncheon or a swimsuit to water aerobics).

*\*\*Treatment time may change or vary based on outcomes during and after treatment.*

## **Certain cupping techniques, and/or specific areas of the body may be avoided under these conditions:**

Hernia, bulging discs, skin lesions, acute stages of: Eczema, Rosacea, and Psoriasis. Areas affected by herpes, shingles and hives. Varicose veins (non-3D/Bulging), broken bones. Insulin pumps and pacemaker pumps.

## **Cupping treatment is NOT recommended if you have/had any of the following conditions:**

Cardiac failure, renal failure, ascites due to cirrhosis or severe edema, allergic purpura, hemophilia, leukemia, dermatosis, destruction of skin, allergic dermatitis, 3D or bulging varicose veins, women who are pregnant, liver disease, kidney disease, and those undergoing cancer therapy.

### **Potential Benefits:**

- Night sweats
- Clears body of debris, removes pinching sensation during treatment.
- Heightened senses
- Food cravings
- Increased immune function
- Decreases or relieves pain and inflammation
- Relieves soreness and/or fatigue
- Releases deep muscle tension
- Releases and softens scar tissue and adhesions
- Stretches muscle and connective tissue
- Increases range of movement
- Improves circulation
- Drains lymph fluid-clears drainage pathways
- Opens energy flow of body
- Promotes nervous system sedation.

### **Possible Side Effects:**

- Strong bowel and urine odors
- Chills
- Sleepiness
- Intense hunger or loss of appetite
- Nausea
- Euphoria
- Feelings of being "hung-over"
- Bowel elimination
- Stronger body odor (detox)
- Inability to sleep or heavy sleep
- Vivid dreams.

# What are these cup marks all about?

Where there is dead, static blood, lymph, cellular debris, pathogenic factors, and toxins present in the body, Cupping Therapy can leave marks on the skin which indicate that the stagnation or disease has been moved from the deeper tissue layers to the surface. These are therapeutically benefits and facilitate the healing process.

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THIS DOCUMENT IS BROUGHT TO YOU BY:

*Carey Gage, Founder*



*InHabit Wellness*

BODYWORK STUDIO