



Cupping Therapy Aftercare

By creating suction and negative pressure, Cupping Therapy is used to soften tight muscles, loosen adhesions and lift connective tissue, bring hydration and blood flow to body tissues, and drain excess fluids and toxins by opening lymphatic pathways.

It wakes the body up and makes it feel invigorated, at the same time producing a profound level of healing through nervous system sedation.

It stimulates the skin by increasing circulation while separating fused tissue layers and draining lymph to promote a smooth appearance and healthy glow.

It works deeper by loosening adhesions, facilitating the muscles to operate more independently and stimulating healthy elimination of accumulated debris in the tissues, organs and systems.

Aftercare

- If you have to take a shower the same day, please make it a lukewarm water shower.
- Avoid steam, sauna and exercise after Massage Cupping.
- Drink plenty of water.
- Avoid exposure to the sun for a minimum of 24 hours and optimally until the discoloration is faded. It is best to keep the area covered.

Effects

- Most of the discoloration will fade in 2-3 days. If sooner it means your circulation is good. If some areas take longer to clear it may indicate a lack of circulation to that area of the body.
- Occasionally the skin will feel tender with an increased feeling of warmth and range of motion.
- If you received cupping for muscular pain, take it easy even if you feel a lot better.