



### About Cupping Therapy:

This ancient therapy utilizes negative pressure, rather than tissue compression, for superior results in a wide array of bodywork techniques. Fire cup therapy is a traditional, time-honored treatment that remains favored by millions of people worldwide because it is safe, comfortable and delivers remarkable results.

Why Cupping is so effective in bodywork? By creating suction and negative pressure, cupping therapy lifts connective tissue, releases, rigid tissue and loosens adhesions. Cupping pulls stagnation, waste, and toxins to the skin level where it can be easily flushed out by the lymphatic and circulatory system. Cupping techniques bring blood flow and nutrition to stagnant areas. The pulling action engages the parasympathetic nervous system, thus allowing deep relaxation throughout the entire body.

What are the marks that can occur from cupping? They are not bruises. They are metabolic waste, toxins, and other stagnant material that have been freed from the underlying tissue and brought to the surface where they can more easily be flushed away. These marks can last anywhere from a few hours to a few weeks and are not tender to the touch.

### **Suggested after care recommendations:**

- Drink plenty of water, to help eliminate toxins out of the body.
- Light stretching and range of motion exercises are beneficial.
- If you feel sore, soak in a bath with Epsom salts.
- Keep your cupping marks covered. Do not expose to cold or wind.
- Cupping marks should not be exposed to the sun, increased chance of sunburn exists while cupping marks are visible.

### **Contraindications:**

- Blood thinners
- Blood clotting disorders
- Open wounds or infections in the area to be cupped.

### **Cautions:**

- Pregnancy

### **Informed Consent for Cupping:**

- I agree to read the email I receive upon booking.
- I understand that all treatments at this facility are therapeutic in nature. I agree to communicate any physical discomfort or draping issues during the treatment.
- Information has been provided to me about cupping therapy. If I choose to experience these therapies during treatments, I understand the potential effects and after-care recommendations.
- It has been explained to me that there are contraindications for cupping therapy. I have fully disclosed all health factors to avoid any complications.
- It has been explained to me that there is a possibility of discoloration that can occur from the release and clearing of stagnation and toxins from the body.

- I also understand that this reaction is not bruising, but due to cellular debris, pathogenic factors and toxins being drawn to surface to be cleared away by my circulatory systems.
- I further understand that the discoloration will dissipate from a few hours to up to 2 weeks, in some cases, and in relation to my after-care activities.
- I understand that the first time I experience cupping, my body's immune system can temporarily react to this release as it might with the flu-producing flu-like effects such as nausea and headache. These symptoms will subside in time with rest and water. Water helps to dilute the intensity of the releases.
- I understand that cupping should not be combined with aggressive exfoliation, be performed within 4 hours of shaving, after sunburn or when I am hungry or thirsty.
- I also agree that I have read, understand, and will follow all of the information above and will not hold the practitioner responsible.

(information modified from Susan Hart, LMT, CMCP)