



About Dry Cupping

How To Prepare

Cupping can be an intense treatment, so it is advised that prior to the treatment you drink plenty of water and don't have a treatment on either an empty stomach or a too full a stomach.

Wear comfortable, loose-fitting clothing which can either be pulled up or down easily or removed depending on the area to be cupped.

What to expect

Upon arrival there will be a chat about your general health and wellbeing. Bec will give you an overview of what to expect and then leave the room while you strip down if required, get on the table and under the blanket.

Throughout the treatment you will be lying on your front and usually naked from the waist up. You will be given blankets to cover yourself up when the cups are not being applied or moved.

Bec will begin with a light massage to identify the key areas of tension. She may also scan your chakra points.

Fire Cupping:- Bec will be using a naked flame to draw the oxygen out of the cups and create a vacuum. She will move some of the cups about to start with and this will feel like a deep tissue massage.

Suction Cupping:- Bec will apply the cup and use a pump to create the vacuum.

Once fully applied, the cups generally stay static on your body and Bec will cover you up and give you some Reiki. The cups stay on fully for approximately 15 minutes in any one place.

During the time the cups are working their magic on you, Bec will give you some Reiki and/or a head massage to enhance the relaxed experience for you.

What is Cupping good for?

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| ✓ Bring oxygen to the area of treatment | ✓ Helps the body absorb nutrients better |
| ✓ Aids poor digestion | ✓ Can relieve mental & physical stress |
| ✓ Reduces inflammation | ✓ Promotes cell repair |
| ✓ Pain relief | ✓ Helps reduce cellulite |
| ✓ Muscle relaxation | ✓ Clears congestion |
| ✓ Removes energy blockages | ✓ Can strengthen the body |
| ✓ Releases toxins | |

You should not have cupping treatment if you . . .

- Suffer with extreme fluid deficiency
- Have a suspected haemorrhage of any kind
- Have tumours of any forms
- Have tuberculosis
- Have suffered cardiac arrest within the past 6 months
- Suffer with haemophilia
- Have extreme anaemia

When dealing with sports injuries, it is also contraindicated to the following conditions:

- Open Wound
- Inflamed or infected tissue
- Bleeding injury
- Fracture
- Grade III muscle or ligament sprain
- Tendon Rupture

Cupping Marks

These are not bruises as they do not break the skin. These marks should be largely gone in 7 to 10 days. It is very much like having love bites.

“What is the difference between a bruise and a cupping Mark?”

- Bruises are caused by blunt injury or trauma. They are the blood from broken capillaries trapped under the skin. Cupping marks are stagnant blood, cellular debris, or pathogens that are brought to the surface for the lymphatic system to clear away.”





After Care

It is advised **not** to wash immediately afterwards so you may want to shower/bath prior to your appointment then shower/bath the next day.

Make sure you drink plenty of water for a few days afterwards to flush out the toxins.

Keep the area covered and warm and have a rest after the treatment to allow the healing to settle.

It is also advised that you are gentle with yourself for a few days following the treatment.

How often can I have Cupping?

You should leave at least week between cupping sessions. Monthly sessions are advisable on a long term basis but short term they can be more regular until the issue you are trying to resolve is resolving.

<p>PLEASE NOTE: This treatment is NOT wet cupping. I will never pierce your skin. It is DRY CUPPING. Dry cupping is a non-invasive therapy.</p>
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