

Contraindications for Cupping Therapy The following is a partial list of common conditions which are considered contraindications for cupping therapy(if any response is YES, you are NOT a candidate for this service):

- Blood clots
- Bleeding disorders
- Bruise easily
- Hemophilia
- Injured areas
- Infections Acute skin
- Conditions Sunburn / rash
- Skin lesions
- Cancer
- Areas of herniation Hematomas
- Phlebitis / varicose veins
- Impaired sensation Edema / lymphedema Certain medications

Please take a moment to carefully read the following information and sign where indicated:

Massage Cupping is a treatment of creating a vacuum suction in a cup, which is applied to the surface of the skin. The purpose of this technique is to promote health and healing by loosening soft tissue and connective tissue and increasing lymphatic flow and circulation.

Potential reactions:

- Cupping marks: can take up to 2 weeks to dissipate.
- Post treatment tenderness: Usually less than experienced from deep tissue work.
- Redness and itching: Increased vaso-dilation and/or inflammation brought to the surface.

Aftercare recommendations:

- Drink plenty of water to help eliminate toxins from the body.
- Avoid exposure to cold, wet and/or windy weather conditions, hot showers, baths, saunas, hot tubs and aggressive exercise for 4-6 hours.
- Light stretching and range of motion exercises are beneficial.
- Light exercise the next day will help increase circulation to aid in fading of cup kisses.