

# Body KNEADS massage

13955 W. Preserve Blvd., Ste. 200 Burnsville, MN 55337 Phone: (952) 890-0804 Fax (952) 890-1095

## Take Home Information on Cupping

### What is cupping?

Cupping therapies are an adaptation of an ancient technique and possesses the benefits of traditional use. This therapy utilizes glass or plastic cups and a vacuum machine to create suction on the body surface. These cups are moved over the skin using gliding, shaking, popping, and rotating techniques while gently pulling up on the cups. Occasionally, cups may be parked for a short amount of time to facilitate joint mobilization or soft tissue release. This suction reaches deep into the soft tissue and organs. It also has a sedating effect on the nervous system. Another benefit is to decrease inflammation and toxins from the body tissues so that the skin and lymphatic system can eliminate them.

One of the most amazing aspects of this technique is the separation that the vacuum produces in the tissue layers. This enables water absorption and renewed blood flow to undernourished and dehydrated tissue. It is evident that separation of fused, congested soft tissue and increase in tissue function can be a catalyst for change in many current health conditions.

### Potential Reactions:

Discoloration due to toxins and old blood being brought to the surface.

Post treatment tenderness – this is common with any bodywork, but is usually less than deep tissue work.

Redness and itching – due to increased vasodilation and/or inflammation brought to the surface.

Decreased blood pressure – due to vasodilation and/or nervous system sedation.

### After-Care Instructions

Drink plenty of the purest water you can find (not all fluids are equal).

Do not exercise until the next day.

Avoid chills, drafts, or heat for 6-8 hours.

Avoid showers, steam and saunas until the next day (if you must bathe, keep it lukewarm).

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

Remember that cupping therapy starts working on detoxifying and opening the lymphatic pathways slowly for those who have more “solid bloat.” This detoxifying can sometimes produce dramatic results. Subsequent sessions will yield even better results and healing eventually will be done faster.