

Cupping Therapy

Cupping uses suction to stretch and pull the skin, muscles, and connective tissues releasing areas of adhesion and restriction as well as increasing circulation and draining lymph fluid. This suction can leave marks on the skin. Cup marks may disappear from a few hours to up to 10 days later, depending on after care and the level of stagnation present in treated tissues.

Prior to your cupping session please avoid excessive exfoliation of the skin and shaving 4 hours prior to your appointment. Cupping can leave you feeling hungry and/or thirsty, so please have a snack or meal before your session and make sure to drink fluids throughout the day of your appointment. If you are having facial cupping done, please come with a clean, make-up free face.

After your first cupping therapy treatment you may potentially feel mild flu-like effects. Drinking water helps your body to stay properly hydrated, which may assist tissues in recovering properly from any treatments. Please avoid vigorous exercise, extreme temperatures (such as from cryotherapy, hot tubs, saunas, hot showers or baths) for 4-6 hours after your appointment. In cold weather, please make sure to dress warmer than you usually would.

While cupping is safe for the vast majority of people, those with certain medical conditions should not receive cupping therapy. Those with systemic cancers or who are undergoing cancer treatments, kidney or liver dysfunction, cardiopathy, 3D varicosities, organ failure, bleeding disorders or those undergoing anticoagulant therapy, sunburn, acute rosacea, or acute eczema should not receive cupping therapy. Please disclose all medical history and medications, especially medical implants, history of low pressure, or pregnancy to your cupping therapist. The elderly, children, and those in frail health should refrain from booking cupping sessions longer than 30 minutes until they and their therapist know how cupping will affect them.

Cupping treatments feel different from manual massage therapy treatments as we are pulling the tissues to release them rather than pushing. The sensation can vary from mildly uncomfortable to deeply relaxing. Please communicate openly and honestly with your therapist during your session about your comfort. You should never experience pain in any treatment provided at Breckels Massage Therapy.

The following are a list of conditions that are contraindications to receiving cupping therapies.

Please cancel your appointment if any of these conditions apply to you:

- Herniated or slipped discs
- Organ failure
- Kidney or liver dysfunction
- Cancer treatments
- Pregnancy in the first trimester unless there is a prior history of regular cupping treatments before conception
- 3D varicosities
- Cardiopathy
- Systemic cancers
- Bleeding disorders or those undergoing anticoagulant therapy
- Acute skin conditions in the area of desired treatment including sunburn, psoriasis, eczema, and rosacea
- Those with low blood pressure should allow more time to get off of the table and should keep in close communication with their practitioner to let them know if they are feeling faint.
- The elderly should refrain from booking longer cupping sessions if they are new to cupping until they and their practitioner know how cupping will affect them.