

Cupping Preparation and Aftercare

How to prepare for cupping or cupping massage:

1. **Hydrate.** Water is essential for your health, especially for your lymphatic system. Cupping supports your lymphatic system. Your lymphatic system clears away cellular waste from your body and it needs plenty of water to do this effectively.
2. **Eat** an hour or so before your appointment.
3. **Don't shave** the area within four hours of your appointment. Your therapist really doesn't mind stubble and your skin will thank you.
4. **Recover from sunburn.** When you receive cupping, it will feel like that area is warmer than normal. Neither the cup nor the extra heat will feel good on sunburned skin. Apply some soothing aloe and wait until your skin has recovered before your next cupping appointment.
5. **Don't exfoliate aggressively.** Exfoliating removes a layer of dead skin, which makes your skin extra sensitive. Wait a couple days after aggressive exfoliation treatment before receiving cupping.

What to do after cupping or a cupping massage:

1. **Drink a lot of water.**
Water helps flush your lymphatic system of the cellular waste that cupping helps release from your tissues.
2. **Stay warm.**
Try to cover the area(s) where you received cupping.
3. **Rest.**
You may feel more tired than normal or experience flu-like symptoms after cupping (headache or general body aches). This is a temporary reaction by your immune system to the cellular waste that cupping helps release.

What to avoid after cupping or a cupping massage:

For 4-6 hours post cupping, avoid exposure to:

1. **Caffeine, alcohol, sugary foods and drinks, dairy, and processed meats**
These foods slow down your body's ability to process the treatment.
2. **Hot showers, saunas, hot tubs and strong air conditioning**
After cupping, your skin will be more sensitive to temperature in the areas where the cups were placed. Give your skin time to recover. If possible, shower with filtered water to avoid reintroducing unnecessary chemicals onto your skin.
3. **Intense exercise**
4. **Cold and windy conditions.**