



After Your Medicupping™ Session

- 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 4-6 hours.
- Avoid showers, steam, sauna until the next day (use lukewarm bath).
- Do not receive other bodywork for 48-hours as this could overload your system or it could negate the work that has been done.
- Remember that Medicupping® therapy starts working on detoxifying and opening lymphatic pathways slowly for those who have more "solid bloat" or specific trauma to the tissue, but sometimes with dramatic results. Subsequent sessions will yield even better results and eventually will be done faster.
- If you are participating in body contouring, it is important to leave the essential oils on overnight and not bathe.
- Call your therapist with any questions you might have.

540.315.3787