



Holistic Hijama

Cupping & Healing Therapy

AFTERCARE INSTRUCTIONS

Below are some important aftercare instructions to follow in order to maximize recovery

DRINK WATER AND EAT A SOLID MEAL IMMEDIATELY AFTER YOUR SESSION.

- YOU WILL BE EXTRA HUNGRY OVER THE NEXT FEW DAYS, SO EAT AS MUCH AS YOU NEED TO
- KEEP IN MIND A HEALTHY DIET

BRUISING AND INCISIONS WILL HEAL IN 3-10 DAYS

- KEEP APPLYING COCONUT OIL TO INCISIONS IF IRRITATION OCCURS
- APPLY COCONUT OIL TO INCISION AREAS EVERY NIGHT FOR THE NEXT 3-5 NIGHTS TO REDUCE ANY IRRITATION AND TO HEAL THE SKIN COMPLETELY
- *HEALING **VARIES** FROM PERSON TO PERSON*

DRINK LOTS OF WATER AND HERBAL TEAS

DO NOT SHOWER FOR 24 HOURS AFTER WET CUPPING

YOU MUST REST AFTER A SESSION

- DO NOT PHYSICALLY OVEREXERT YOURSELF. IT IS BEST TO SLEEP AS MUCH AS YOU CAN AFTER A WET CUPPING SESSION
- YOU CAN CONTINUE EXERCISING AFTER 24-48 HOURS

DO NOT ENGAGE IN SEXUAL RELATIONS FOR 24 HOURS AFTER WET CUPPING

TRY TO RELAX AND THINK POSITIVE THOUGHTS

DO REGULAR, MODERATE LIGHT STRETCHES

OVER THE NEXT FEW DAYS, YOU MAY NOTICE CHANGES IN YOUR:

- BOWEL AND URINARY HABITS
- SLEEP PATTERNS
- MOOD SWINGS/EMOTIONAL LEVELS
- APPETITE CHANGE
- TIREDNESS AND FEELING DRAINED/LOW ENERGY
- GENERAL WEAKNESS

THESE ARE ALL PART OF THE RECOVERY PROCESS!

