



Take home instructions/ After-care

This therapy utilizes plastic cups and a vacuum pistol 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 cup, or may be parked for a short time to facilitate joint mobilization or soft tissue release. Small cuts are then made on the surface of the skin where the same procedure is repeated. Suction reaches deep into the soft tissue, attachments and organs pulling toxins and inflammation from the body to the surface of the skin where the lymphatic system can more readily eliminate them.

The purpose of this technique is to promote health and healing by loosening soft tissue and connective tissue, loosening scarring and adhesions, moving stagnation and increasing lymphatic flow and circulation.

Potential reactions are temporary and may include:

- Cup Kiss: Discoloration of the skin due to toxins, old blood, cellular debris, pathogenic factors are being drawn to the surface to be cleared away by the circulatory systems.
- Post tenderness: usually less than experienced from deep tissue work
- Redness and Itching: increased vasodilation and/or inflammation brought to the surface
- Decreased Blood Pressure: due to vasodilation and/or nervous system sedation
- Rare cases have reported feeling nauseous, experiencing cold symptoms, headache, minor body aches or feeling unwell after the bodywork. It has been reported that drinking more water and taking Vitamin C can relieve these symptoms quickly.

Suggested after care recommendations:

- Drink an abundance of clean water to help eliminate toxins out of the body.
- Avoid hot showers, baths, steam, sauna, hot tubs.
- Avoid aggressive exercise immediately following bodywork (light stretching & gentle range of motion exercises will help increase circulation and aid in fading of cup kisses)
- Avoid caffeine, alcohol, sugary foods and drinks, dairy and processed meats.
- After 24 hrs you may resume to your regular exercise and food consumption.