

Cupping & Gua Sha Aftercare

We have brought up some congestion and opened up pores by performing these techniques. Here are some guidelines you should follow over the next few days to compliment your treatment.

Please remain covered in the areas we performed these techniques, especially your shoulders and chest for the next 2-3 days.

Please minimize time in the elements including: wind, heat, and cold.

Make sure to drink plenty of clean water either filtered or spring and you can drink distilled for the first 2 days only.

Stay out of the water (chlorine or ocean) for at least 2 days and do not work-out for at least 2 hours.

To reduce the markings brought up from the stagnation you can take an Epson salt bath (if you have High Blood Pressure we advice against doing this).

Make sure to tell loved ones about the techniques we performed as soon as possible, especially before you disrobe in front of them. Show them in mirror!

Nutrition Recommendations:

- **Drink More Water** than your normal intake.
- **Eat Plenty of:** Steamed veggies, enzyme rich foods, food with anti-oxidants and fresh fruits.
- **Avoid:** Fried, heavy, greasy foods, processed meats, dairy (including pizza and ice cream).