



skin body soul

Cupping Therapy Informed Consent About Cupping Therapy

This remarkable therapy utilizes negative pressure, rather than tissue compression, for superior results in a wide array of bodywork techniques. Suction cup therapy is a tradition, time-honored treatment that remains favored by millions of people worldwide because it's safe, comfortable and remarkable results.

Why cupping is so effective in bodywork:

By creating suction and negative pressure, cupping therapy lifts connective tissue, release rigid tissue and loosens adhesions. Cupping pulls stagnation, wasted and toxins to the skin level where it can be easily flushed out by the lymphatic and circulatory system.

Cupping techniques bring blood flow and nutrition to stagnant areas. The pulling action engages the parasympathetic nervous system, thus allowing deep relaxation throughout the entire body.

Cupping therapy is far more effective and long lasting than any other therapeutic bodywork applied alone.

What are the marks that can occur from cupping:

They are not bruises but they are metabolic waste, toxins, and other stagnant material that have been freed from the underlying tissue and brought to the surface where they can more easily be flushed away. These marks can last anywhere from a few hours to a few weeks and are not tender to the touch.

As treatment continues, the marks will occur less and less as results of stagnation and toxicity being expelled from the body.

I confirm that the cupping therapist has explained the possibility of cupping marks that can occur from the cupping site. I understand the benefits, side effects, and the contraindications of cupping therap and will not hold the practitioner responsible.

Signature: _____

Date: _____