Valley Massage Therapy

MIND. BODY. SPIRIT.

Move Better
Feel Better
Live Better

CUPPING THERAPY

TRADITIONAL TECHNIQUE • THERAPEUTIC BENEFITS

What is Cupping Therapy?

Cupping is an ancient Chinese method of causing local congestion. A partial vacuum is created in cups placed on the skin either by means of heat or suction. This draws up the underlying tissues. When the cup is left in place on the skin for a few minutes, blood stasis is formed and localized healing takes place.

Cupping therapy has been further developed as a means to open the "Meridians" of the body. Meridians are the conduits in the body through which energy flows to every part of the body and through every organ and tissue. There are five meridians on the back that, when opened, allow invigorating energy to travel the whole length of the body. It has been found that cupping is probably the best way of opening those meridians.



Therapeutic Benefits

- Relieves muscle tension and tightness
- Improves circulation
- Helps reduce pain and inflammation
- Supports the body's natural healing process
- Helps with stress, anxiety and fatigue
- May improve range of motion
- Promotes relaxation and overall well-being



Cupping Can Help With:

- Muscle tension and stiffness
- Back, neck and shoulder pain
- Headaches and migraines
- Sports injuries
- Circulatory issues
- Stress and fatigue
- Postural imbalances
- General muscle and joint discomfort



Ancient Wisdom
Natural Healing

Restore Balance
Relieve Tension
Enhance Wellness

Valley Massage Therapy
39 Main Street, Third Floor, Suite 34A | Northampton, MA 01060
(413) 687-7878 | valleymassagetherapy.com

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CUPPING THERAPY RELEASE FORM

PLEASE READ CAREFULLY • COMPLETE • SIGN BELOW

Cupping Therapy Release Form

- I understand that all treatments are therapeutic in nature. I agree to communicate to the therapist any physical discomfort that I experience during the session.
- Information has been provided to me about Cupping Therapy. If I choose to experience these therapies during treatments, I understand the potential effects and after-care recommendations.
- It has been explained to me that there are contraindications for Cupping Therapy. I have fully disclosed all health factors to my therapist, including those not mentioned on my Health History Intake Form, to avoid any complications.
- It has been explained to me that there is the possibility of discolorations that can occur from the release and clearing of stagnation and toxins from my body.
- I also understand that this reaction is not bruising, but due to cellular debris, pathogenic factors and toxins being drawn to the surface to be cleared away by my circulatory system.
- I further understand that the discolorations will dissipate from a few hours to as long as two weeks in some cases and in relation to my after-care activities.
- I understand that the first time I experience Cupping, my body's immune system can temporarily react to this release as it might with the flu - producing flu-like effects like nausea, headache, aches, that will subside in time with rest and water. Water helps to dilute the intensity of the release.
- I understand that Cupping Therapy modalities should not be combined with aggressive exfoliation, 4 hrs after shaving, after sunburn or when I'm hungry or thirsty.
- I understand that I should avoid exposure to cold, wet, and/or windy weather conditions, hot showers, baths, saunas, hot tubs and aggressive exercise for 4 - 6 hours. I understand that exposure to such extremes can produce undesirable effects and I should avoid such situations.
- I understand that I should avoid caffeine, alcohol, sugary foods and drinks; dairy and processed meats and I should consume an abundance of clean, clear water.

I _____ agree to allow the Cupping Practitioner to perform Cupping. I also agree that I have read, understand and will follow all of the information stated above and will not hold the practitioner responsible.

Date _____ Signature of Client _____

Print Name _____

Release Tension
Promote Healing
Feel the Difference



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