Chinese Bodywork Aftercare

Day of Bodywork

- Stay hydrated with water.
- Keep cupping spots & scrape marks covered: avoid direct sun & wind/fan/AC exposure.
- Avoid taking a shower/bath, swimming, & saunas for at least 8 hours after treatment.
- Take it easy & rest, your body is working hard!
- Wait a few hours to enjoy coffee or alcohol.

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Days Following Bodywork

- Return to normal shower/bathing routine after 8 hours.
- Stay hydrated with water to support your body's healing processes.
- Continue to rest if you feel tired the day after treatment, return to normal activity when/if you feel ready *(listen to your body)*.
- Apply arnica oil/cream &/or heat to any sore areas, including cupping spots & scraping marks.
- Wait until your cupping spots & scraping marks have almost completely disappeared before doing another bodywork treatment *(time differs between people & depends on your stage of healing)*.

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