

# Hijama Cupping London – Pre/Post Information

## Before Hijama Cupping

- It is best to remain on empty stomach for at least 3 hours before the treatment.
- It is advisable to have a shower sometime before the treatment, as it is better to avoid bathing for at least 12 hours after Hijama.

## Hijama After-Care Guidance

It is good to eat or drink something sweet immediately after hijama.

Eat a well-balanced solid meal after having hijama treatment. (avoid dairy, red meat & fried on the day).

- Cuts should heal in approx. 2-3 days. Apply any natural oil to incisions if irritation occurs.
- Skin Discolouration will heal in 4-7 days.
- Drink lots of water and herbal teas after a hijama session.
- Do NOT shower for at least 12 hours after Wet Cupping, (unless absolutely necessary).
- Do NOT physically over exert yourself, do exercise, demanding chores etc.
- Try to relax, pray, and think positive thoughts.
- It is good to walk or do moderate light exercise after hijama.

Everyone is different, and reacts differently to cupping, some people feel tired, others more energetic. If one over-exerts themselves after hijama, they may feel worse for the next few days, as their body will not have been given enough time to recover properly, to feel the maximum benefit of hijama treatment.

### **Over the next few days, you may notice changes in your;**

- Bowel and Urinary habits
- Sleep Patterns
- Moods/emotional levels
- Appetite

### **You may experience;**

- Skin breakouts, (spots/pimples).
- Tiredness and feeling drained or low on energy, (general weakness)
- Flatulence, or release of bodily fluids such as, phlegm, mucus, sweat, urine.
- In the unlikely event you get blisters on cupped areas, keep clean & dry until they heal.

These are nothing to be concerned about. It is simply your body getting used to the shifts in energy after treatments. Your body will now be dealing with and adjusting to changes in your physical, mental, emotional and spiritual state. **YOU MAY FEEL WORSE BEFORE YOU FEEL BETTER!** Your body has just been kick-started. You will feel better after a few sessions and your body will become more balanced. If you have any problems or questions, please contact us.

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**NB.** *It is our duty & responsibility to provide a safe & hygienic environment for each patient.*

*We use new, disposable cupping equipment & blades for every patient's hijama session.*

*We provide an unhurried full service for our patients, who, we feel, should have a pleasant & relaxing hijama session. If you have enjoyed our service, please "Check In" & leave us a review on our FB page –*

**Hijama Cupping London.** *If you did not enjoy your visit please tell us how we can improve on our service.*

*JAK/Thank you for visiting us. Slmz.*

***Shamim & Rashid***

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