

## Intake questions

★ Upon scheduling your treatment I will ask if you can answer yes to any of the following statements. Answering yes does not exclude you from treatment, but it is part of the intake process.

I have a cardiovascular or blood pressure condition

I have been cupped in the last week

I am menstruating

I have a broken bone, or an injured muscle or tendon

I have: neuropathy, diabetes, allergies varicose veins, a hernia, skin rash, fever

I have a spinal condition

I am pregnant

I am in pain

I am taking prescription medication

I have a tumor or cancerous growth

I have a blood clotting condition

I have a kidney infection

I have an open skin wound

I have recently undergone surgery

I have a contagious illness

I am exhausted or depleted

★ For best results from your treatment: arrive warmly dressed, and at least one hour after eating a big meal. Plan to go slow the next 24 hours, especially for an hour after being cupped. Healthy hydration is paramount.



I am a professional member of the International Cupping Therapy Association (ICTA). My herbalism studies began with Rosemary Gladstar at Sage Mountain Herbal Retreat Center in 2002, and continued through intimate studies with several gifted healers of diverse backgrounds - Western, Eastern, and Latin American. I have been cupping since 2009, ever deepening the practice through continued education and peer exchange. I first trained in this art with Julia Graves, then with Peter Schnell, Gabrielle Simon, Mark Perido (ICTA) and Kim Miller (ICTA).

I use herbal cupping - an old fashioned method using aromatic plants and high quality botanical preparations - to speed healing and rejuvenate the spirit.

**Visit my website for more information:**

**[www.mandalabotanicalsVT.com](http://www.mandalabotanicalsVT.com)**

The ICTA is an international healthcare cooperative promoting education and application of cupping therapy. Member since 2014.

[www.cuppingtherapy.org](http://www.cuppingtherapy.org)

# Sandra Lory

## Traditional Cupping Therapist & Community Herbalist

**ICTA Professional Member**

**34 Elm Street, Montpelier VT**  
**mandalabotanicals@gmail.com**  
**(802) 793-8983**





photo credit: Devon Byers

## What is Cupping?

Originating from the shamanic sucking doctor tradition, cupping therapy is one of the oldest and most globally practiced healing therapies in human history. It is the application of suction, or negative pressure using cups of varying materials (glass, bamboo, bone, plastic) from which oxygen is removed by way of creating a vacuum. Though cupping remains popular throughout many regions of the world, this ancient modality and stand alone healing art was nearly lost in Western culture until very recently. Cupping is an effective therapy that produces rapid, cumulative and lasting results. Cupping is deeply relaxing, does not hurt, and can be applied to many parts of the body.

Contact me if you would like to know if cupping is right for you.

[mandalabotanicals@gmail.com](mailto:mandalabotanicals@gmail.com)



## Benefits of Cupping

- ★ Increases vitality and peacefulness by encouraging your life force and by tonifying the nervous system
- ★ Clears stagnation and debris locally and systematically via lymph drainage and improved circulation
- ★ Helps to prevent colds and respiratory infection by bringing toxins to the surface where they can be cleared
- ★ Loosens connective tissue and adhesions, stretches musculoskeletal and myofascial structures, and stimulates synovial fluid

## Indications for Cupping

Issues that respond well to cupping are: sciatica, TMJ, persistent cough, frozen shoulder, sports injuries, poor circulation, impaired sinuses, lymphatic and respiratory congestion, facial tension, traumatic injuries, abdominal/digestive issues, inflammatory conditions, neuromuscular conditions, slow healing wounds, menstrual cramping, blocked creative energy, grief, chronic pain and neck tension.



Various forms of herbs I gather and prepare for your cupping session and wellness



## Services I Offer

- ★ Cupping therapy - by appointment in Montpelier, Vermont. 60 minutes = \$60; 90 minutes = \$85

Caregivers and loved ones are welcome to accompany you to your appointment. Sorry that our wellness center is not yet handicap accessible. Private cupping parties are also available.

- ★ Private herbal medicine making classes (materials an additional fee)
- ★ Private medicinal plant ID/herb walks Group rates available.

Visit my website!

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