

FAQ



What should i do before arriving to the appointment ?

Your pre-treatment advice will depend on the treatment you are planning to undergo. In general, we advised the following before arriving at our clinic. For more information on specific pre or post-treatment advice, give us a call or message on Whatsapp.

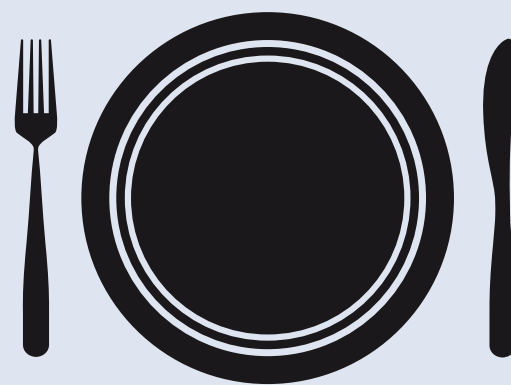
**SHIFFA WELLNESS &
HIJAMAH CENTRE**



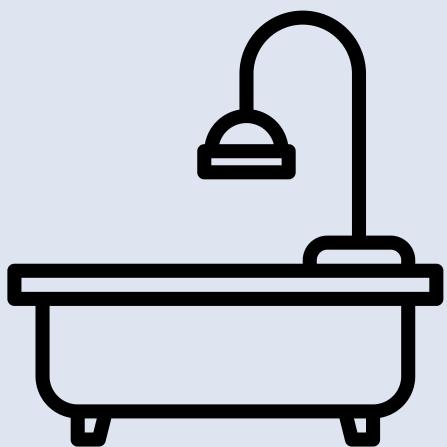
PRE-APPOINTMENT INSTRUCTIONS



DO NOT stop or reduce
medication without their
Doctors permission



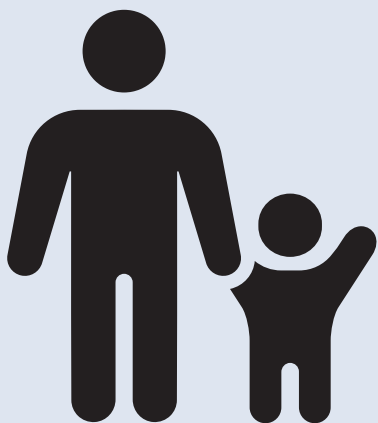
Do not to eat 2-3 hours
before the appointment
time



Perform a full bath and
ablution before the
session



Make intention and pray
for healing and cleansing
physical and metaphysical



Any Children should be
accompanied by a
responsible adult



Inform us of any known
metaphysical issues

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PRE-APPOINTMENT INSTRUCTIONS



Any medication needed to be taken with or after food, please advise and tell practitioner immediately



Inform us of pregnancy, menstrual cycle, anemia, diabetes, blood pressure issues and seizures beforehand

Optional



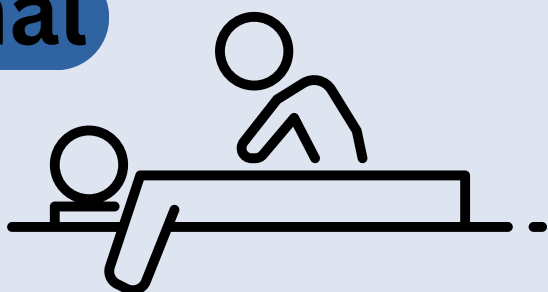
Taking a Hot shower or hot bath soak

Optional



Taking a foot soak

Optional



Taking a Massage

Optional



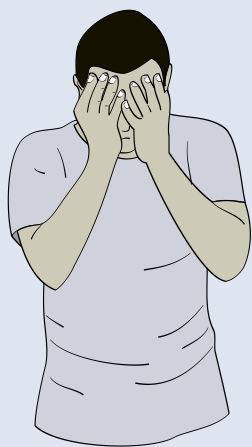
Taking a walk or quick jog

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During-APPOINTMENT

What to expect (possibly)



Dizziness



Nausea



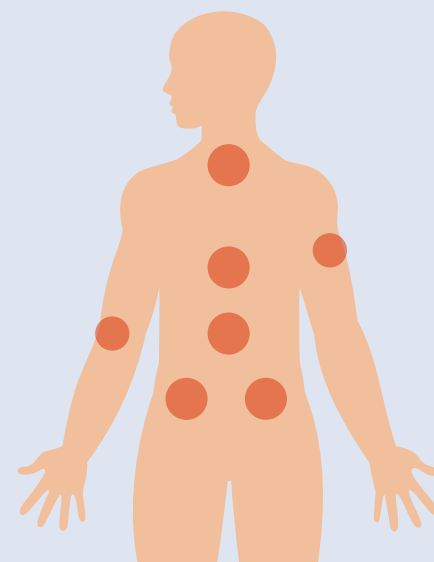
Body Shaking



Light headiness



Weakness / tiredness



**Skin colouration on
Hijama cupping sites**

(All the following are based on the detoxification process)

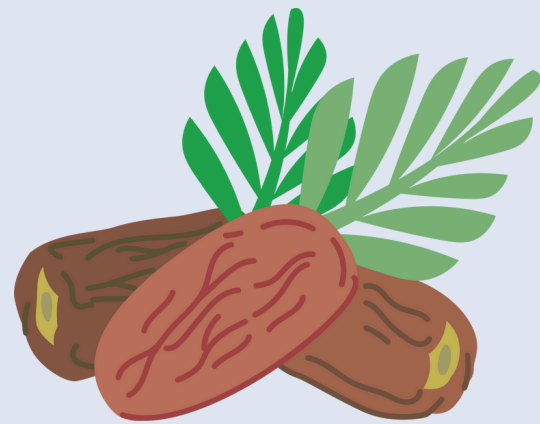
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Post-APPOINTMENT INSTRUCTIONS



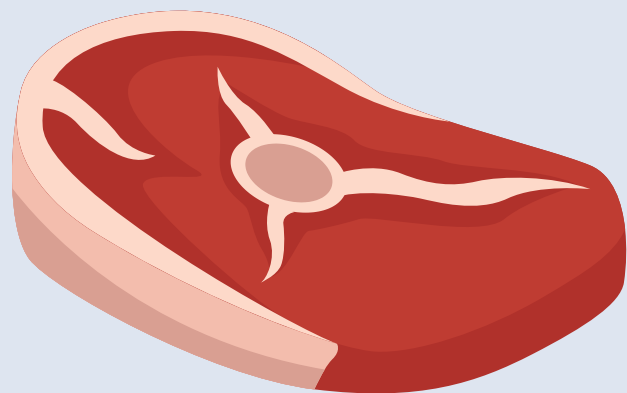
Drink plain or honey water
after Hijama



Eat dates or fruit



Eat a balanced and healthy
diet



DO NOT eat red meat for
24 hours.



DO NOT eat dairy food
for 24 hours

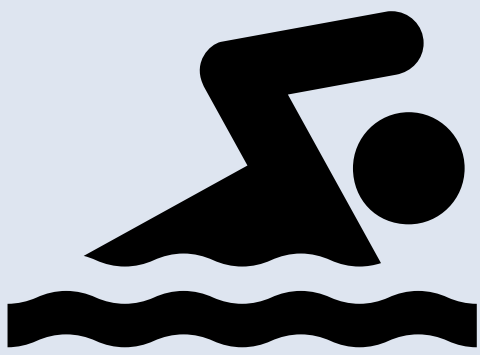


DO NOT use soap,
shampoo or chemicals if
you want a quick rinse

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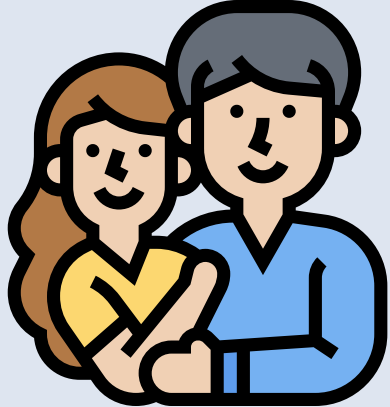
Post-APPOINTMENT INSTRUCTIONS



Do NOT soak in a bath tub
or go swimming for 24
hours after Wet Cupping



Do NOT physically over
exert yourself, do
exercise, chores etc at all



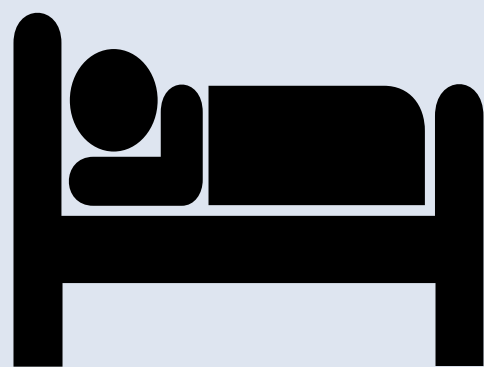
Do NOT engage in marital
relations for 24 hours



Do regular, moderate light
exercise after 24 hours



Try to relax, pray, and think
positive thoughts



You can sleep if you
need to after Hijama

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Post-APPOINTMENT

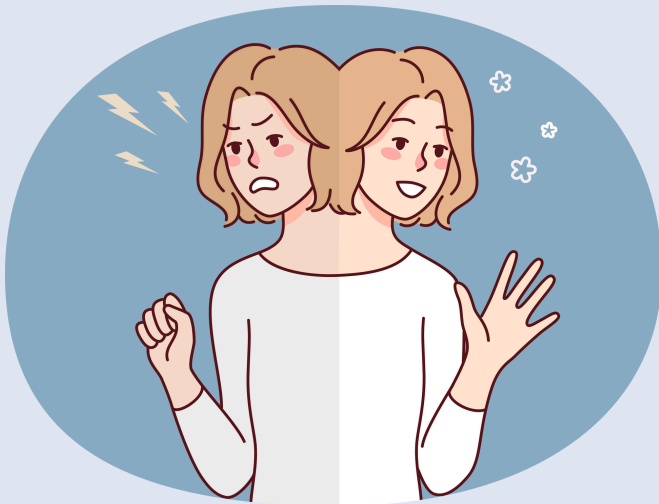
You'll see Changes in the following:



Bowel and Urinary habits



Sleep Patterns



Mood swings/emotional levels



Increase in Appetite



Clarity in Vision

(All changes are based on each individual specific case)

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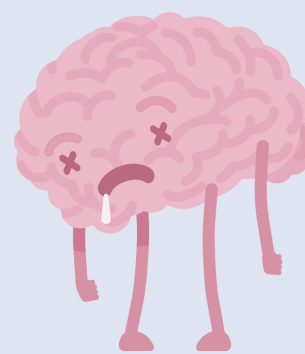


Post-APPOINTMENT

What you might experience:



Skin breakouts



**Feeling drained or low
on energy**



General weakness



**Excessive release of bodily fluids
(phlegm, mucus, sweat, urine,
pimples, pus, tears)**



**Sudden energy
spikes**

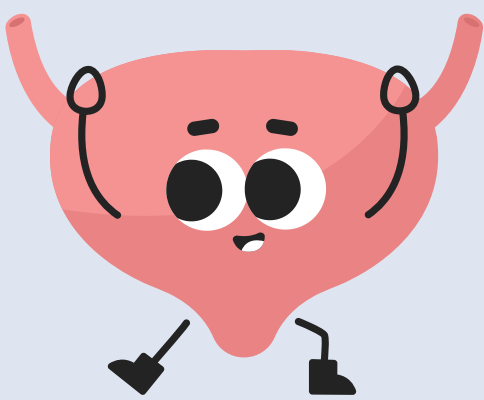
(All changes are based on each individual specific case)

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Post-APPOINTMENT

Possible After effects:



Healing and detox



Increased hunger



Increased energy



Increased sleepiness or
tiredness



Increased bowel
movements or urination.



Better metabolism.

(All effects are based on each individual specific case)

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Post-APPOINTMENT

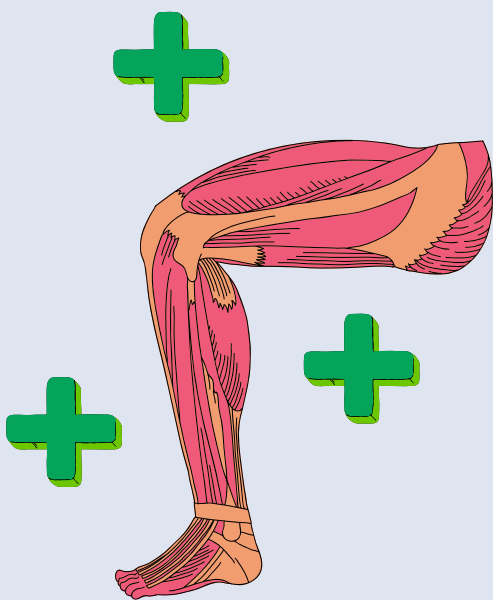
Possible After effects:



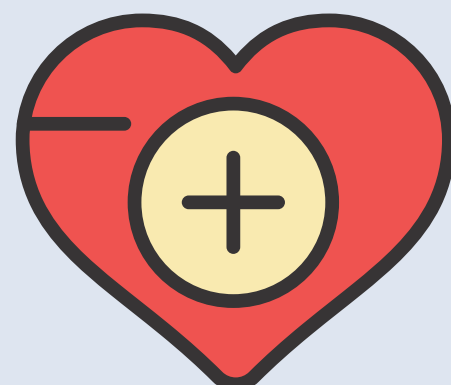
Better sleep quality



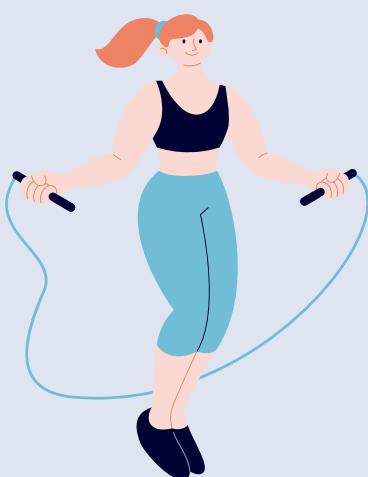
Better mood and relaxation



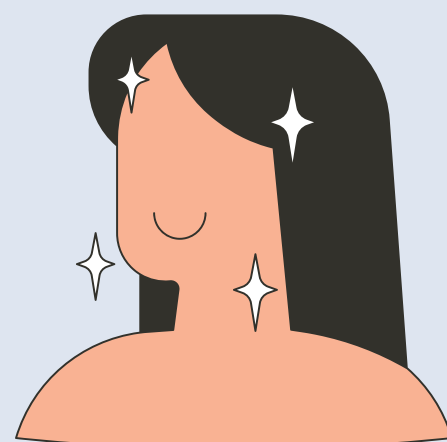
Pain relief and
increased mobility



General improvement
in well being



Decrease or changes in
any metaphysical activity



Skin colouration on
Hijama cupping points-
may last for 2-10 days

(All effects are based on each individual specific case)

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