

## Is Fire Cupping Your Kink?

Paraphilia is a condition characterized by sexual desires, typically involving extreme or dangerous activities.

Pyrophilia is a type of paraphilia involving heightened sexual arousal associated with fire, fire-setting, and arson.

Medical fetishism refers to several sexual fetishes in which participants derive sexual pleasure from medical scenarios including objects, practices, environments, and situations of a medical or clinical nature.

### Sensations:

**Fear/Trust:** allowing someone to perform fire cupping requires trust – if done wrong, you can be burned, blistered or otherwise superficially injured.

**Pain:** The more suction created, the more it will be felt and pain is an indicator of excessive suction. If intentional, the area should be closely watched for blistering, if accidental, release the cup to lessen the suction. Moving the cups: "gliding cupping" or "sliding cupping" will create sensations of stretching the skin to friction heat, depending on the level of suction the cup has to the skin.

**Lightheadedness:** Removing the cups often releases tension and leaves the body feeling lighter or relaxed. It can also cause lightheadedness – to remedy this, do not sit up immediately and drink water afterward.

**Sensitivity:** The skin between the cups will be stretched taught, this area is therefore sensitive to cold, sharp, or other sensations of play. Wax is a good coupling with cupping.

**Comfort:** aftercare for the human includes lotion or oiling of the cupped skin. This also promotes healing of the area as well as long-term benefits of the activity.

### Items needed:

- Lighter/candle
- Cotton balls or fire wands
- Forceps (if using cotton balls)
- Rubbing alcohol (70% works well) in a glass container
- Wet towel
- Fire blanket and/or fire extinguisher
- Small bowl of water
- Glass cups
- Lotion/oil for aftercare
- Massage or other table/area that is free of fabric

### Negotiation:

- Are you wearing any lotions, perfumes, hairspray or alcohol-based hair gels?
  - These are all flammable and need to be removed or mitigated?
  - Laying a damp towel on the back of the neck/head will protect the hair from fire.
- Do you have any circulation, clotting, heart problems, or on blood thinner?
  - Cupping directly affects the vascular system; it is not advised to conduct it if this is a known problem.
- Do you bruise easily?
  - Markings akin to hickies will be left behind and will usually dissipate in 3-4 days. The darker they are, the longer it will take.
- Is this your first experience with cupping?
  - Offer as much information as possible, talk it out. Never assume .



### **Instructions:**

1. Set up the area with all of the tools in a reachable place
2. Hold the cotton ball with the forceps or using the fire wand
3. Dip the cotton/wand into the alcohol
4. Let it drip off
5. Light on fire with candle or lighter \* If the cotton/wand is dripping alcohol and then it is lit on fire, it will now be **dripping fire**.
6. Hold the cup so its mouth opening is down or at a 45-degree angle
7. Hold the flame inside the bottom opening for a few seconds to heat the internal air
8. Do not heat up the cup itself, it will burn the skin
9. Quickly place the cup onto clean, hair-free skin (hair will not allow for a sealed suction)
10. As the air inside the cup cools, it will cause a vacuum effect and suck the skin upward into the cup. Suction should hold it in place. Check by lightly tugging at the cup. If it pops off too easily or does not seem to be able to “seal”, try again allowing a bit more heat to collect inside the cup before placing in on the skin.
11. Place as many or as few cups as desired – include sensation actions
12. Remove the cup(s) by holding the cup with one hand and pressing the skin down at the rim with the other hand. If the seal is not easily broken, wet your finger and try again.

### **Care of cups:**

Always wash your cups between uses. Glass is dishwasher safe, but if that is not available, handwashing or wiping with alcohol wipes will also disinfect them.

### **Fire Cups Sets:**

There are many types of fire cupping cups available. To start, stay simple and use thick glass (thin will crack under the heat and pressure). Alternatively: If Fire Cupping is outside of your risk profile, plastic cold cupping sets are available that offer parallel results and can be used with ease in smaller areas.

## **Notice:**

Cupping can be a health risk and particularly dangerous for people with high blood pressure, blood clotting, heart problems or skin conditions. Never cup over an open wound, abrasion, raised skin tags or moles, or other skin conditions where the integrity of the skin has already been compromised.

## **FIRE!**

Alcohol plus fire is a HAZARD! Proceed with absolute caution and preparedness. Use a fire blanket or other heat resistant cover to smother the fire. Use water to spread it out and dilute the alcohol. Use a dry chemical or carbon dioxide fire extinguisher marked B, C, BC, or ABC . If a drop of alcohol fire drips from the wand onto your person, quickly run your hand over it to accelerate the burn out.

