

***What the Cup?***

Massage Cupping therapy is an adaptation of an ancient technique that dates

back as early as 1550 B.C. The cup is positioned over the area of the body to be

treated and suction is created using a vacuum gun or bulb. The more traditional

method involves inserting a flame into a glass cup to create the vacuum. The

suction level can range from light to heavy, and the movements performed by

the therapist can be stimulating or sedating. These cups are moved over the

skin using gliding, shaking, popping and rotating techniques while gently pulling

up on the cup, or may be parked for a short time to facilitate joint mobilization

or soft tissue release. This suction reaches deep into the soft tissue, attachments

and organs to help improve circulation + lymph flow.

***What are the benefits of cupping?***

- Decreases and relieves pain and

inflammation

- Releases deep muscular issues

- Releases and softens scar tissue

- Lifts and stretches soft tissue

- Increases range of movement

- Opens chest and lungs

- Improves circulation

- Drains lymph fluid + clear drainage

pathways

- Sedates the nervous system

- Opens energy flow of the body

- Clears old residue out of the muscle and

soft tissue

***What is the discoloration that occurs after some treatments?***

The discoloration, called a cup kiss, indicates the release of intense stagnation

(body fluids and toxins) in the area. This is not a bruise and will dissipate

anywhere between a few hours and a few days.