

Widely used in TCM and other alternative healthcare fields, cupping therapy has significant benefits:

- Non-invasive treatment, no drugs taking required, no injection, no chemicals
- Relieve physical and mental stress: cupping helps relax tense and sore muscles and thus diminish symptoms of insomnia, mood swings, anxiety and depression.
- Detoxify the body: by increasing blood flow and improving circulation, cupping therapy clears dead cells and improves stagnation while carries the buildup of toxins inside the body away.
- Alleviate cold, cough, and allergy symptoms: cupping therapy stimulates the lungs and other vital organs to clear out the excess phlegm (the root cause of coughing and cold) and speeds up the process to relieve colds, coughs and other allergy symptoms.
- Provide anti-aging effect: cupping therapy is effective not only in relaxing tense facial muscles, but also in reducing wrinkles and bringing more nutrients to the skin by stimulating tissues under the face's skin.
- Open the meridians: cupping increases blood circulation of the area where the cups are placed, allowing life energy flows freely throughout the body and creating new blood vessels in the tissue.