



## Cupping Therapy

Cupping is a traditional, time-honored treatment remaining favored by millions of people worldwide because it is safe, comfortable and remarkably effective for many health disorders. It is the use of suction (negative pressure), rather than compression for bodywork ranging from myofascia release, to lymphatic drainage– and everything in between. Cupping rapidly facilitates rigid soft tissue release, loosens & lifts connective tissues, breaks up and drains stagnation while increasing blood & lymph flow to skin and muscles in a more effective way than with compression.

On the deeper therapeutic level, cupping is beneficial for many conditions, including asthma, diabetes, high blood pressure, anxiety, fatigue, headaches, fibromyalgia, neuralgia, sciatica, insomnia, colon disorders, sports injuries, rheumatism, menstrual problems, among others.

In Negative Pressure Massage occurs when the cups move and a pulling action occurs, engaging the parasympathetic nervous system, thus allowing a deep relaxation to move through the entire body. It is not unusual to fall asleep when receiving this treatment. People are often surprised at how relaxed, warm and light they feel– hours... sometimes even days afterwards.

This negative pressure can cause what is known as discoloration (NOT bruising), which is due to the cellular debris, pathogenic factors, old stagnation and toxins being

drawn to the surface to be cleared away by the circulatory system. The intensity of the discoloration depends greatly of the level of toxicity and stagnation. This discoloration usually dissipates from a few hours to 2 weeks in some cases.

## Facial Cupping

Women in Asia, Europe and Russia have been using these remarkable negative pressure facial exercises for generations to maintain and rejuvenate the skin. Protocols for the face use small cups to vacuum and lift the facial tissue and increase the actions of lymphatic drainage. This method replicates the effects of equipment used in most aesthetic establishments.

The benefits include increased circulation and nutrients brought to the skin and enhance absorption of facial topicals. The drainage of stagnant fluids from stagnant areas will reduce edema and chronic puffiness. Lines, wrinkles and scar tissue soften from cupping, making it an effective and surprisingly relaxing facial treatment.

The loosening and draining effects of the cups also directly relieve sinus infections and inflammation.