About Cupping Therapy

This remarkable therapy utilizes negative pressure, rather than tissue compression, for superior results in a wide array of bodywork techniques. Suction cup therapy is a traditional, time-honored treatment that remains favored by millions of people worldwide because it's safe, comfortable and has remarkable results.

Massage Cupping bodywork therapy is an adaptation of an ancient technique; the purpose of this technique is to promote health and healing by: loosening soft tissue and connective tissue, scarring and adhesions moving stagnation and increasing lymphatic flow and circulation. This therapy utilizes silicone cups to create suction on the body surface. 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. Suction reaches deep into the soft tissue and attachments Another benefit is to pull toxins and inflammation from the body to the surface of the skin where the lymphatic system can more readily eliminate them.

Why Cupping is so effective in bodywork?

By creating suction and negative pressure, cupping therapy lifts connective tissue, releases, rigid tissue and loosens adhesions. Cupping pulls stagnation, waste, and toxins to the skin level where it can be easily flushed out by the lymphatic and circulatory system. Cupping techniques bring blood flow and nutrition to stagnant areas. The pulling action engages the parasympathetic nervous system, thus allowing deep relaxation throughout the entire body. Cupping therapy is far more effective and long lasting than any other therapeutic bodywork applied alone.

Potential reactions

What are the marks that can occur from cupping?

- Cup Kiss: discoloration due to toxins and old blood being brought to the surface. These marks can last anywhere from a few hours to a few weeks and are not tender to the touch. As treatments continue, the marks will occur less often as a result of stagnation and toxicity being expelled from the body.
- Post tenderness: usually less than experienced from deep tissue work
- Redness and Itching: increased blood flow and/or inflammation brought to the surface
- Decreased Blood Pressure: due to blood flow and/or nervous system sedation
- Lightheadedness and dizziness could also occur during treatment, as well as sweating or nausea.

After care recommendations:

- Drink plenty of water, to help eliminate toxins out of the body.
- Light stretching and range of motion exercises are beneficial.
- Exercise the next day will help increase circulation to aid in fading of cup kisses.

Contraindications and Cautions

Overall, the contraindications for cupping are very straightforward. The first time receiving cupping, sometimes clients find the experience of negative pressure massage a bit strange. If there is pain, it is a signal to release some pressure on the cups. If the pain does not cease, then we will stop the treatment.

Another point to address is the lymphatic effect of cupping. If you have a compromised immune system, we need to adjust the treatment to ensure we do not over tax it. It is common for clients to feel tired, but usually very relaxed. In some cultures, a warm bath is prescribed after cupping. It is important to make sure you keep warm.

Finally, hydration is another consideration with cupping. With very dry skin, you may find the cups do not attach easily. Hydration is an important part of good health, and can lead to a host of health issues.

Precautions and Contraindications

- Broken Bones
- Hernias
- Organ Failure
- Sunburn
- Ulcers
- Fever
- Easy bleeding
- Cardiopathy
- Psoriasis, eczema, rosacea
- Hives, herpes, shingles
- Cancer diagnosis, undergoing cancer therapies
- Involuntary convulsions
- Liver or kidney illness
- Varicosities
- Surgical incisions
- Pregnancy, nursing