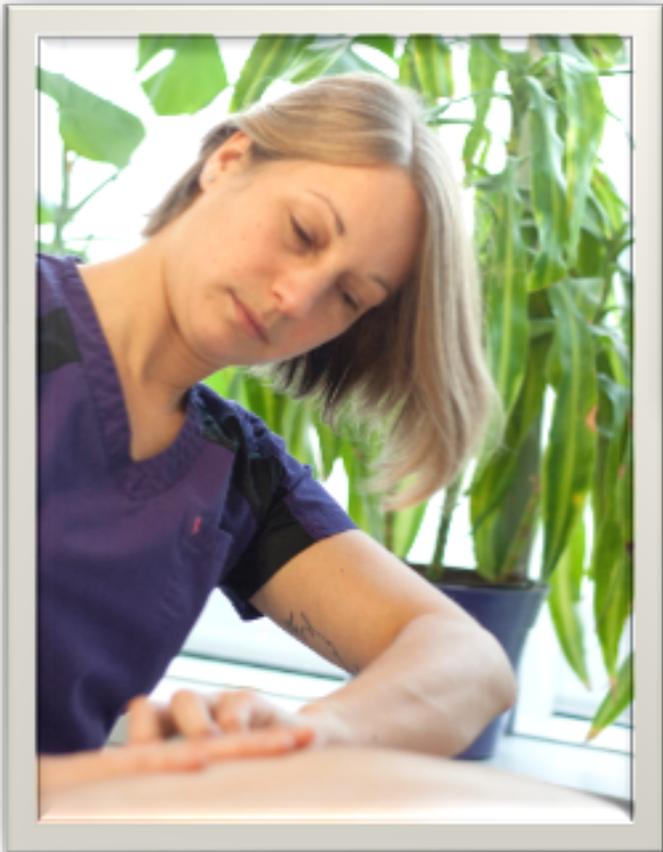


Contemporary Cupping Therapy



Cupping therapy is a type of negative pressure massage where suction is applied to the surface of the body using silicone cups. Cupping may complement Traditional Chinese medicine treatments, muscular trigger point therapy, anti-aging and anti-cellulite treatments, and massage modalities including – but not limited to – deep tissue massage.

WHAT ARE THE MARKS?



After a cupping treatment, marks may be visible on the skin. Many people believe these marks are bruises, but this is not actually the case. Unlike a bruise, cupping marks are not injuries. The marks are created by the negative pressure effect of the cups against the skin.

When suction is applied, some people have a histamine response where a redness appears on the tissue. It is part of the natural healing response of the body. This coloration disappears within minutes to hours after treatment.

Others may have a stronger histamine response depending on their skin type. If muscle tissue is injured or not functioning correctly, or if there is local congestion, darker marks may appear because the congested blood and toxins move toward the surface. These marks fade and disappear within 1 to 2 weeks depending on the individual's condition and lymphatic system. Cupping has a detoxifying effect on the system.

BENEFITS OF CUPPING

- *Speed up healing of malfunctioning muscles or injury*
- *Faster recovery after exercise*
- *Release adhesions between tissues*
- *Soften scar and diminish color of it*
- *Stimulate lymphatic system which can boost immune system*
- *Increase local blood circulation to bring oxygen and nutrients*
- *Detoxifying effect*
- *Beauty effects, diminish cellulite, improve skin tone*

AFTER CUPPING (next 24 hour)

- *Increase water intake (no coffee or alcohol)*
- *No hot or cold (application or hot tub), but shower is okay*
- *No intense exercise involving the focus area*

❖ *Do not attempt to practice on yourself or others without training.*