

**Cupping Massage** is an ancient form of alternative medicine in which a therapist puts specialized 'cups' on your skin for a few minutes to create suction. Cups are made of glass, bamboo, earthenware and silicone. People get it for many purposes, including to help with pain, inflammation, blood flow, relaxation, well-being, stiff muscles, anxiety, fatigue, migraines, and you can even customize to treat cellulite. This would be considered deep tissue therapy and should not be painful. This also considered beneficial to athletes, separating and lengthening myofascia with easy for better performance. You may leave your session with some cupping marks, rest assured they are not bruises and are not painful they are your body's natural way of detoxification.



Cupping therapy is a kind of “ancient” alternative treatment. It’s an aspect of a pre-scientific culture. This is done for different purposes. These include the removal of stagnant blood, driving out heat, and for the treatment of different afflictions. In the past, cupping was done to cleanse the blood and the energy found in the blood (chi). ***Here are 8 scientifically proven benefits of this ancient alternative medicine treatment:***

**Eliminates any weakness in the body.** Cupping therapy is a great way to eliminate weakness in the body. Through this treatment, a person can recover from fatigue and weakness. This is done by opening the nerves which have become stiff. When this happens, blood is released to the parts of the body which need it most. Also, any obstructions in the vessels are released without causing damage to the muscles.

**Cures fever.** Cupping therapy is also a great way to treat fever. Medical breakthroughs today have proof of it. Studies have shown that cupping therapy drives out pathogenic factors. These cause pain and disturbance in the homeostasis of the body.

**Fights against dermatological diseases.** People who have different skin diseases will improve and include acne, herpes, abscess, and boils, to name a few, and any disease which is blood-related. Cupping therapy aids in the creation of lymph fluids. These are necessary for fighting off bacteria and various pathogens. This treatment purifies the skin, eliminating any extraneous particles found in the blood. It can also help strengthen the body’s defenses to protect itself from infections. Cupping therapy helps improve the skin’s respiration. It permits the exchange of gases of the skin’s cells. When the skin cells have a good metabolic activity, the function of the different glands improves. The main purpose of cupping therapy in dermatological diseases is to release stagnant and congested blood. It also helps eliminate any toxic substances from the skin’s surface.

**Aids in preventing liver diseases.** Cupping therapy is also helpful in preventing liver diseases. The treatment takes out the senile and stagnant corpuscles. It also extracts any impurities found in the

blood. When this happens, blood flows into the liver better. This then helps to improve the liver's functionality and productivity. It helps transform cholesterol metabolically.

If the liver isn't able to perform these functions, the blood starts storing excess sugar. This raises the body's blood glucose level. Through cupping therapy, the liver can detoxify the blood effectively. This process maintains the body's optimum temperature too. The hepatic enzymes also start working well. When the liver works well, this means that it's disease-free.

**Improves blood circulation.** Cupping therapy also affects the circulatory system positively. It helps enhance blood flow by making the veins stronger. It also strengthens the arterial muscles by eliminating congested blood. Without a consistent blood flow, the body won't be able to function well.

**Treats gastrointestinal diseases.** Cupping therapy is also helpful in the treatment of gastrointestinal diseases and illnesses. The body has three major powerhouses. These are the intestines, the spleen, and the stomach. These powerhouses are in charge of generating heat and energy for the body. If any of these are compromised, the body's core temperature spikes. This causes changes in enzyme productions, which affects the entire body.

Gastrointestinal diseases such as ulcers and even constipation may occur in the body. Cupping therapy helps in the secretion of essential digestive fluids. These help the body absorb nutrients better. This then prevents the bloodstream from absorbing any harmful agents. This also helps increase a person's appetite.

**Heals rheumatic diseases organically.** Cupping therapy also happens to be a scientifically proven treatment for rheumatic diseases. Instead of taking medication, one can also opt for this kind of treatment. People have reported an immediate relief from the effects of these diseases after some cupping therapy sessions. Rheumatic diseases such as joint pain, rheumatism, lumbago, and arthritis can be treated with such therapy.

Since cupping therapy aids in the healthy flow of blood. Because of this, the body can get the nutrients, hormones, vitamins, oxygen, and enzymes, which improves overall function. This therapy also benefits the muscles regarding their elasticity. This helps the joints carry on even when experiencing any impact. It also helps enhance the joints' elasticity by boosting the flow of synovial fluid to them.

**Helps the nervous system.** Finally, cupping therapy is also beneficial to the nervous system. Nowadays, a lot of diseases and disorders in the nervous system are becoming more and more common. These issues are because of today's climatic conditions as well as the wealth of new and complex machines. These days, many people are suffering from psychological problems which are hard to diagnose and even harder to treat.

The body's nervous system functions when neurons communicate with each other. When this happens, the brain can transmit signals to the other parts of the body. Cupping therapy helps the brain with the process of transmitting the signals. It helps by eliminating any congestion in the brain which may result in complications. When the brain is healthy, it's able to transmit signals well. This makes the rest of the body respond. This treatment is also extremely effective against emotional problems like depression, epilepsy, headaches, and ischemia.

Here at Spa Therapy, we call our Cupping therapy 'Cupping Massage'. We slide the cups for an improved soft tissue results. In addition, we will perform manual massage on all your tissues before and after cupping.