

What is cupping?

Cupping is an ancient Chinese therapy by applying cups to the skin and the pressure in the cup is reduced (either by heat or suction). This holds fast to the skin and underlying muscles as it is sucked inside the cup. While the suction is active, the cup can be moved, causing the skin and muscle to be gently massaged.

Cupping has greater emphasis on the back due to the large area of skin and unlike other massage can gently glide over and have an effect on the bone structure too.

Cupping is based on the meridian theory of the body - like acupuncture. In one way, cupping removes any stagnation in the body and opens the meridians (energy motorways of the body) so that chi (energy force) can flow freely. In the other, it helps to rejuvenate certain meridians and organs that are not functioning as best as they should.

What are the benefits of cupping?

From a scientific standpoint, cupping is known to help activate the lymphatic system, promote blood circulation, and is good for deep tissue repair.

Cupping can be applied to certain acupuncture points and parts of the body that have been affected by pain, tension or stress.

Where pain or discomfort is deeper the tissues can be manipulated in a gentle but soothing way.

It can be used to eliminate cellulite in the muscles on the waist, bottom and thighs. Done regularly it can make the skin much smoother and softer to the touch.

Cupping is generally recommended for the treatment of pain, gastrointestinal disorders, lung diseases (especially chronic cough and asthma) and paralysis, although it does have application for other problems. Cupping should be done on the more fleshy areas of the body.

Cupping can affect the body up to four inches into the tissues, causing the tissues to release toxins, activate the lymphatic system, clear colon blockages, activate and clear the veins, arteries and capillaries, activate the skin, clear stretch marks, and improve the appearance of varicose veins.

The cupping process

The client is asked to get into a sun bathing position on a therapy couch, where first the back is exposed and ready for a gentle massage.

In order to allow the cups to move over the skin easily, oil is smoothed over the

Essential oil mixed with carrier oil like grape seed or similar is chosen for either relaxation or invigoration, dependant on the client's needs.

Glass or silicone cups are used allowing the air to be sucked out, leaving a vacuum inside the cup, where the skin is pulled up inside.

The cups are applied at room temperature, and there is some friction generated by moving the cups, causing a small but significant amount of heat.

Cups are generally left in place for up to ten minutes, although the time can vary. The skin will redden due to the congestion of blood flow.

The cup is removed from the skin by pressing the skin on one side, allowing fresh air to enter and equalise the pressure within it. Some bruising can be expected on the skin where the rim of the cup had hold, but will fade after a few hours.

Next, where chosen by the client, they are asked to lie on their back, keeping dignity at all times, to allow the stomach area to be gently massaged. As the organs are more exposed in this area a more gentle massage is given, which will have an effect on the digestive system.

When not to use cupping

Cupping should not be used on inflamed or infected skin; where there is a high fever, convulsions or an increased tendency to bruise. It should not be used on the abdominal or lower back area during pregnancy.

Time to Relax

A short consultation is followed by a relaxing back, shoulders and neck massage using the chosen essential oils mixed with a carrier oil, listening to relaxing music to enable you to totally 'chill out'. The essential oils are therapeutic and will work on the body while you relax.

Knowing that you are strengthening and protecting the body is comforting and reassuring.

Why not treat a friend or a member of the family

Gift Vouchers are available for those who are difficult to buy for - what better than to give a gift that will benefit their health and well-being too.

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- Stress Management
- Reflexology



Cupping Massage

Client Information

With the pressures of modern life causing stress, pain or discomfort, we can help our body's optimum health by using this gentle but effective cupping massage.

