

Cupping Therapy causes tissues to release toxins, stimulate the lymphatic, skin and circulatory systems, clear colon blockages, reduce stretch marks and improve varicose veins.



On the deeper therapeutic level, Cupping is beneficial for many conditions including Asthma, Diabetes, High Blood Pressure, anxiety, fatigue, headaches, Fibromyalgia and Neuralgia.

**Cupping** is a traditional, time-honored treatment remaining favored by millions of people worldwide because it's safe, comfortable and remarkably effective for many health disorders. It's the use of suction, 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 ways not possible using compression.

When the cups move, Negative Pressure Massage really feels great. The pulling action engages 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.

## Bodywork

**Suction Therapy is the best form of bodywork available**

Traumatic Injuries, Stubborn and Orthopedic Conditions, Deep Tissue and Sports Massage, Trigger Points, Lymphatic Drainage, Abdominal Massage, Neurological Dysfunctions, Myofascial Release and Reflexology. Cupping is especially exceptional in Massage for health maintenance and relaxation.



## Facial Cupping

Women in Asia, Europe and Russia have been using these remarkable negative pressure facial exercises for rejuvenation and maintenance for generations. Protocols for the face use the small cups to vacuum and lift the facial tissue and increasing 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 enhanced 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.

Sinus infections and inflammation are also directly relieved by the loosening and draining effects of the cups, often resolving issues patients resort to more invasive procedures for relief.

