



Pain Relief Through Cupping

The main purpose for cupping is to release blood stagnation in an area and loosen the fascia, which leads to pain relief.

It is most often used for back and shoulder pain, but can also be used to provide effective relief for things like carpal tunnel syndrome and Bell's Palsy.

Cupping is done by first applying a light layer of baby oil onto the area to be treated. A flame is quickly inserted into the glass cup to remove the oxygen, thereby creating a vacuum. The cup is then applied to the area, where it may be left for a period of time, or moved around to provide more of a "massage" type treatment.

Important Note:

There WILL be discoloration of the skin, ranging from light pink to deep purple or black/blue, depending on the severity of the blood stagnation in the area. This is a GOOD THING, and is not a sign of a problem!

This is due to the fact that the suction literally draws the trapped / stagnant blood out from the muscle and tissue, to the surface.

Even though it looks like a regular bruise, it will NOT be painful like a bruise, since there was no damage done to the underlying tissue—the blood was simply drawn out to the surface.

The discoloration will vanish, just like a regular bruise, within a few days.