



Cupping Therapy



Overview

This is an alternative medicine technique dating back to ancient times. It's done with special cups placed over the skin. They create a strong suction, drawing the skin up into the cups.

How is it done?

How is it done? During a cupping session, suction cups are applied to specific parts of your body. The most common areas include the back, chest, abdomen, and buttocks. A vacuum is created in each cup with a flame or with a pump. The vacuum causes your skin to rise and redden as your blood vessels expand. The cups are left on your skin for only a brief time. When they're removed, you'll have red marks on your skin. They will go away on their own.

What does it do?

There haven't been many scientific studies on the benefits of cupping. Supporters say it draws harmful substances and toxins through your skin. They say it helps with pain and inflammation. Some use cupping therapy for relaxation and well-being, or as a type of deep-tissue massage.

Conclusion

Cupping therapy is generally considered safe when it is done by a trained health professional. Before you try it, talk to your doctor.