

Fire Cupping

The Garden of Venus



Benefits & Treatment

You need to try this!

Cupping Therapy offers many therapeutic benefits. It has been used for thousands of years to treat painful symptoms e.g. Sciatica, back pain, and clearing congestion in the chest, which can occur with colds and flu, but cupping has recently gained popularity for its ability to help tissues to release toxins, de-acidify tissue directly, enhance blood circulation, stimulate immune system, and reduce stress as it releases chemicals in the brain that reduce stress and depression.

One of the main purpose of cupping therapy is to encourage a sufficient supply of nutrition to the affected tissues. Cupping is believed to stimulate blood flow, and lymph to the affected area.

Today, cupping is used to help treat muscle & joint pain and spasms, particularly in the back. In addition cupping is used to help treat common cold and cough, poor circulation & blood stagnation. In addition to the therapeutic effects of cupping, it strengthens body resistance, eliminating pathogenic factors to prevent illness while regulating function of blood, building immunity and promoting general good health. It can create temporary marks after the treatment that are

hickies NOT bruises. A bruise is caused by direct impact causing it to be sore and tender during the healing process. The "cup kisses" are not tender after treatment and are not caused from direct impact but from suction. Most cup kisses clear up within 3 days, some can last a couple weeks. If you don't have any marks after the treatment that doesn't mean it didn't do its job. Each person reacts different to the treatment. Some areas will leave a dark mark which usually indicates where the pain is originating from and/or the organ it affects.

Recent studies have shown that regular cupping along specific points on the back increases immunity (the body's defense against microbes) by increasing white blood cell count. Studies have shown that cupping affects the tissues up to 4 inches into the skin and muscle layers. In addition, massage cupping technique can be used to prevent muscle atrophy.

Cupping treatments are also beneficial for the skin in many ways;

Stimulation of the cutaneous immunity and facilitate the flow of lymph, which helps remove bacteria and carry proteins.

The skin will regenerate faster. Promotion of metabolism within the skin tissues.

It accelerates the functions of both sweat & sebaceous glands. Leading to secretion of salts, sebaceous material and the excretion of sweat.

Cupping therapy is, like massage, also effective against anxiety and worry. Insomnia is treated by cupping in conjunction with massage.

Contraindications for cupping are;

- 1) should not be performed on open wounds or around skin ulcers. Should also be avoided on the elderly with very thin, delicate skin.
- 2) Application of cupping on the abdominal area, or lower back and sacrum of pregnant woman.
- 3) Someone with bleeding disorder and menstruating woman in some cases.

Treatment

Each treatment is a little different depending on my clients goals. I offer gliding cupping via vacuum suction of a machine and Fire Cupping for stationary cupping therapy. The gliding cupping doesn't leave the prominent "Cup Kisses" (AKA the hicky marks) like Fire Cupping can but doesn't help the tissues at such a deep level, however, it is excellent for assisting in the myofascial release and the circulatory system. The two techniques work excellent together to get optimum results in chronic situations.

A Fire Cupping session alone (no massage included) lasts about 30-40 minutes depending on how your body reacts to the treatment. Sometimes I will start off with the gliding cupping along the area of

concern to increase blood flow before using the Fire Cups. Cups are left on for 3-10 minutes depending on blood flow. The cups are NOT hot and the flame is never in contact with your body. In fact- clients are usually surprised to feel the cup is still a little cold since it is glass. The only area being exposed during treatment is the area I am working on. The treatment is very relaxing while you lie comfortably on my heated massage table that has the Biomat using infrared heat so the heat penetrates down to the muscle and distributes throughout the body evenly, unlike regular heating pads that only heat the tissue and can cause hot spots.

After a Fire Cupping treatment you do not want to take a warm shower or hot bath and/or apply lotions until the welts have subsided or sometimes up to 24 hours later. I will be able to give you exact time frames after your treatment. You DO want to increase your water intake to help ease the process of elimination.

Things you may experience after a treatment is increased energy, warmth feeling through out the whole body or affected area, immediate stress relief, tension relief & more range of motion. You could also feel very tired after a treatment if you aren't use to body work or under high stress. Many clients have said they slept best the night of their treatment then they have in a long time.

A series of cupping treatments is usually recommended for best results. Just like anything else to keep your body healthy, this isn't a one time cure all magical trick. You can't ease weeks of physical or mental stress with one treatment. It will help, yes, but just like working out to be healthy it doesn't happen over night.

I have been certified in cupping therapy since 2011 and have been a massage therapist since 2009. Together these two skills have helped several clients and are a true passion of mine.

Thank you for reading and I hope to see you soon!

Elizabeth Skelton, CMT & Owner at The Garden of Venus

*reference of some of this article comes from

Cupping The Great Missing Therapy by Dr. Sahbaa M. Bondok