

Integrative Health & Wellness

Cupping

What is Cupping?

- Cupping therapy is a form of alternative medicine in which a local suction is created on the skin.
- It is used to treat pain, ease scar tissue deep within muscles and connective tissues, and reduce swelling and muscle knots.
- Like many complementary treatments, *cupping* is supposed to minimize circulating toxins by drawing them into the skin where they are more easily removed. .



What happens during the treatment?

- The client is fully clothed , except for the area of the body where the cups will be applied to the skin. The cups are then applied to the skin and a sensation of suction is felt underneath the cups on the skin. This feeling of suction helps draw blood and lymph to the area to help clear any inflammation that may be causing pain.



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What to Expect From Cupping?

- Cupping therapy may cause your skin to be sensitive for a few days.
- Cupping may cause your skin to be bruised for several days where the cups were applied.



How Will I Feel After Cupping?

- You may feel tired or you may feel “under the weather” from your body releasing and eliminating the toxins released from the cupping session.
- You may have more energy, you may feel less muscle tightness, you may sleep better at night, and other beneficial outcomes as well.



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Gua Sha

What is Gua Sha?

- *Gua sha* is the practice of using a tool to apply pressure and scrape the skin to relieve pain and tension.
- Gua sha is performed over a muscle or sore spot to help move toxins out, break up scar tissue or get rid of tendonitis.
- Gua sha is used mainly to relieve sore muscles and tension in the body.



What happens during the treatment?

- The client is fully clothed, except for the area of the body where the gua sha will be performed to the skin. The scraping of the skin is then performed and a sensation of pressing and gentle scraping is felt on the skin. This feeling of scraping helps draw blood and lymph to the area to help clear any inflammation that may be causing pain.



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Gua Sha

What to Expect From Gua Sha?

- Gua sha therapy may cause your skin to be sensitive for a few days.
- Gua sha may cause your skin to be bruised for several days where the skin was scraped



How Will I Feel After Gua Sha?

- You may feel tired or you may feel “under the weather” from your body releasing and eliminating the toxins released from the gua sha session.
- You may have more energy, you may feel less muscle tightness, you may sleep better at night, and other beneficial outcomes as well.

