

Effective Massage

Cupping Therapy

aka Vacuum Therapy



Ready to take your health to a
new level?

From an ancient form of alternative medicine

Philosophy remains the same even though it was developed thousands of years ago but its techniques have been modernized.

It improves your health while providing other health benefits.

Practically a pain free method.

What is it?

Cupping Therapy

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Philosophy of Cupping Therapy

Broad Application: Believed to treat a variety of conditions.

Promote Healing:

- Believed to mobilize the blood flow to promote healing.
- The increased blood supply to the local muscles and skin will bring nourishment and stimulate the circulatory and lymphatic systems to carry away stagnation and toxins.
- Used to soften tight muscles, lift connective tissue, hydration and blood flow to body tissues.
- Move deep inflammation to the skin surface for release, and drain excess fluids and toxins through lymphatic pathways.

Incredibly versatile:

A Therapy that can easily be customized to accomplish a wide variety of results from lymphatic drainage to deep tissue release.

Cupping Therapy

What exactly is it?

It is the inverse of massage (rather than applying pressure to muscles, suction uses pressure to pull skin tissue and muscles upward).

Suction of the skin is achieved with cupping devices . Glass cups and or vacuum cups (cups with a connecting tube or squeeze bulb allowing therapist to create suction and release with control of pressure and ease of movement).

Local suction of the skin believed to mobilize blood flow (clear blockages).

Benefits of Cupping Therapy

Cupping really feels great!

It is not an irritant to the skin or body.

It draws the inflammation out, yet does not add to it.

Helps remove toxins from the body.

Stimulate the flow of blood, lymph, Qi throughout the body.

Treats a variety of conditions (stress, pain, allergies, fatigue, back pain, muscle aches, inflammation, etc).

Promotes mental, physical relaxation and well being.

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. Clients are surprised at how relaxed, warm and light they feel – hours... sometimes even days afterwards.

Benefits, more specifically.....

Skin:

The skin is the biggest organ on the body. . Your body's first direct contact with the outside world is through the skin. It is the main organ of sensation. Any topical stimulus to influence and manipulate internal or external organs in the body must start at the skin level. Your skin is the mirror of your health. Cupping starts with your skin and works inward.

Lymphatic System:

The body is made up of a system of vessels (similar to blood vessels) and the lymph nodes (glands) that extends throughout the body. It helps maintain the balance of fluid in the body by draining excess fluid from the tissues of the body and returning it to the blood system. The lymphatic system is vital to your body's defense mechanism; it filters out bacteria, produces disease fighting lymphocytes, generates antibodies essential to the body's immune system. It prevents infection entering the bloodstream. It preserves the fluid balance throughout the body. Keeping your lymphatic system functioning at its optimum is a must.

All forms of massage involves stimulation of the skin surface that will result in improvement of blood and lymph circulation. Cupping is the best complement to a massage treatment.

What is HOMEOSTASIS?

We aim to keep our bodies in a homeostasis state.

When we get sick, injured, diseased, the homeostasis state is disturbed.

Monitoring and maintaining the body's internal environment to ensure it is balanced and stable is the function of the complex systems making up our bodies. Cupping aids the body in maintaining that balanced and healthy state.

Achieving HOMEOSTATIS by intergrating Cupping Therapy

What can Massage do?

Massaging strokes act to stimulate the body's natural healer: Blood. The strokes activates the sympathetic nervous system faster with longer lasting results in the form of direct blood flow to dysfunctional areas.

What will cupping add to the treatment?

Cupping Therapy can also mimic the gliding effect of the massaging stroke. The rhythmic technique activates the nervous system resulting in the dilation of blood vessels and the increase of chemical release and absorption.

Mechanically, cupping work by lifting the soft tissue vertically while moving transversely, providing the stimulation and practically painless agitation to the structures being worked on: blood vessels, lymph vessels, nerve pathways, fascia and soft tissue.

In essence,

the treatment will result in decrease in pain messages via nervous system, increase serotonin, dopamine levels, feel good hormones released by endocrine system. Fresh, oxygenated blood and increased lymph flow exchanged in capillaries accelerating the removal of any and all metabolic by products, muscle tissues, are elongated, pliable and suppler, which is the key to a healthier musculoskeletal an fascial system . Inflammation is drawn out as hydration is drawn in.

The body is reset.

Methods of Cupping Therapy

The Cupping Procedure

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What happens during Cupping

Cupping is an energy exchange between the cells of the physical layers of the body. The moment a cup is placed on the skin, the energy exchange begins. The negative power inside the cup forces the cells, the tissue into movement (created by the suction cup on the skin). When the pressure is released from the cup, the skin returns to their original state and Qi (heat) is generated. Heat in turn accelerates the metabolic rate, thus triggering the chain of activity and the communication between cells, tissues, vessels and finally the organs.

Cupping regulates and promotes the flow of Qi and Blood. It helps to draw out and eliminate pathogenic factors. It opens the skin, precipitating the removal of pathogens through the skin.

During the normal course of cupping therapy, blood and lymph are activated simultaneously. In a healthy person, this improved circulation of the cardiovascular system is a beneficial outcome.

What to expect **DURING & AFTER** the Cupping Therapy

BEFORE

1. Eat a light meal at least 2 hours before the treatment
2. Do not undergo a cupping session on a full, or an empty stomach.
3. Refrain from eating rich and greasy foods.
4. Increase fluid intake at least 20%, which will help metabolism and the detoxification process.
5. No skin conditions (e.g., eczema, psoriasis, acne, etc), no open skin ulcers, lesions, etc

DURING

1. Small amount of oils, cream may be applied to the skin just before the cupping procedure (this allows the cups to be move more easily).
2. Tight sensation may be felt in the area of the cup-often relaxing and smoothing.
3. Cups may be moved around or left in place
4. Cup may remain on your body briefly or for longer period of time.
5. Each treatment is unique to you on that particular day

AFTER

1. After the cupping session, there is a short period of tenderness at the points where the cups have been applied.
2. Generally, the ring or cupping mark will fade away within a few hours to 10 days.
3. Sometimes, a blister may appear on the skin inside the cup area.
4. A warm feeling throughout the body, some perspiration and a sense of relaxation normally follow the treatment (due to the improved circulation and muscle relaxation).
5. Avoid showers, steam, sauna and exercise after cupping therapy.

Some types of cupping therapies

for you to consider.....

Enhancing a massage therapy

Lymphatic drainage

Cosmetic Cupping Therapy

Facial Cupping Therapy

Eye Cupping Therapy

Abdominal Cupping Therapy

Breast Cupping Therapy

Scar Tissue Cupping Therapy (post injury, surgery)

Enhancing Massage Therapy

What is Massage Cupping?

Massage Cupping is the combination of massage movements and negative pressure with the use of a suction device on the skin. A cup is positioned at the area to be treated and, depending on the type of cups being used; a vacuum is created within the cup to draw the skin and underlying tissue into the cup. The produced vacuum creates a suction effect that increases blood and lymphatic circulation systemically and to the local area, relaxes muscle tissue and support, draws stagnation, pathogenic factors and toxins out of the body and releases a myriad of pain causing factors. The intended suction can range from light to heavy. This, along with the movements performed and areas treated by the therapist will produce stimulating (toning) or sedating (draining) effects.

Almost any massage therapy can be enhanced by the addition of cupping .

Massage Cupping can be combined or used as a supplement to traditional massage sessions. The results cupping are comparable to other expensive and often painful treatments that may require large mechanical devices to deliver the same results.

Lymphatic Drainage

Health practitioners know how difficult and tedious the lymphatic drainage system is.

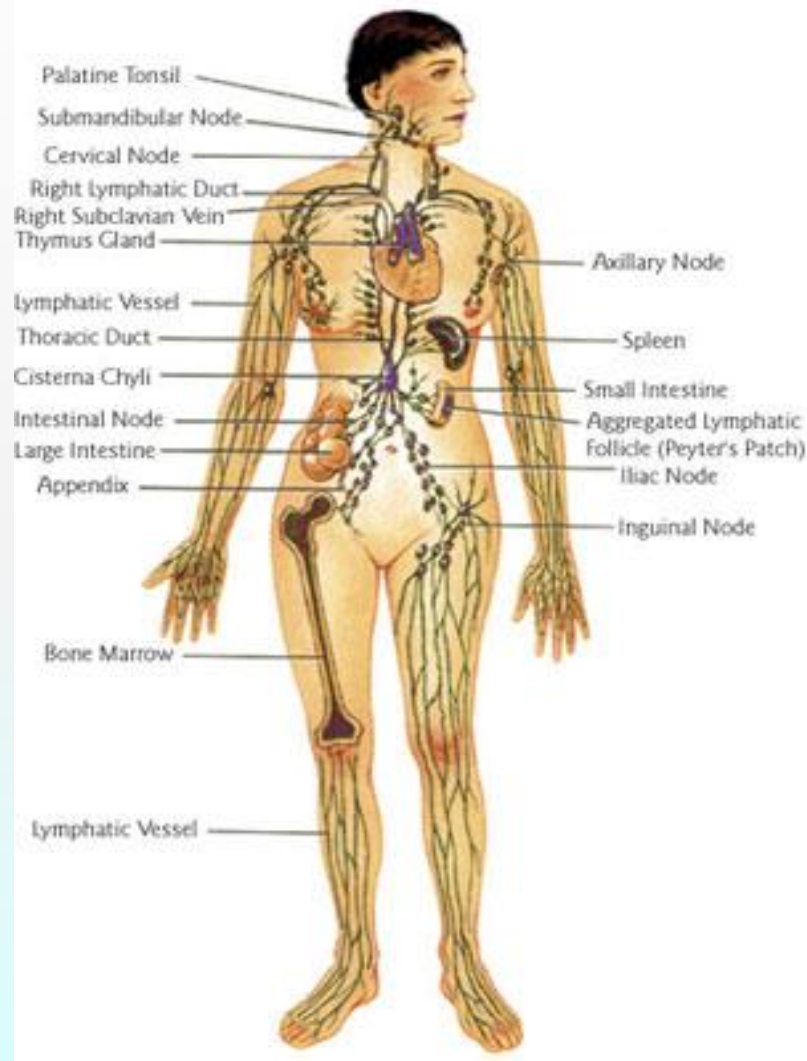
Cupping makes the drainage easier.

Cupping action stretches open, rather than close the lymphatic vessels. This action actually increases the movement of lymph locally and systemically with cumulative treatments.

Clearing the lymphatic system helps the body's ability to detoxify its immune systems.

Clearing the lymphatic system helps the body better respond to stressors put onto it from disease, chemicals, stress and electromagnetic fields.

The Lymphatic System



Cosmetic Cupping Therapy

A great technique for
a instant (natural) face lift
ridding face of wrinkles, lines
clearing complexion
clearing puffiness around eyes, face, neck
clearing sinuses
helps tired eyes
helps

Draining lymph nodes

Benefits of Facial Cupping

Women worldwide have utilized these remarkable negative pressure facial exercises for rejuvenation and maintenance for generations.

Facial cupping is a manual method that replicates the effects of equipment currently in use in most of the top aesthetic establishments.

Small cups to vacuum and lift the facial tissue, allowing drainage of stagnation and lymph nodes. The drainage of stagnant fluids from lymphatic reservoir areas will reduce edema and chronic puffiness.

Benefits include increased local circulation of the skin, increased nutrients brought to the epidermis, and enhanced absorption of facial topicals.

Lines, wrinkles and will plump , scar tissue will soften from the negative pressure.

The muscles of the face can benefit greatly from the reduction of tension and tightness, releasing expression lines and loosening rigid muscles.

Sinus infections , ear congestion, and inflammation can also be relieved by the loosening and draining effects of cupping.

Facial Cupping

(Facial Rejuvenation)



Practitioner will observe the facial skin color, texture, lines, puffiness, ears, eyes and the tongue to help to formulate the treatment. All main 14 meridians have a direct acupuncture point located on the face or is connect to the ace by internal connecting channels.

Expect to feel a firm pulling sensation over the skin...should not be a painful sensation.

Each section of the face is covered with 3 movements and repeated three times. Starting with the neck and working up to the face.

During the treatment, the skin is expected to appear pink/reddish in colour.

During the treatment, the skin is literally energized and rejuvenated because the production of collagen and elastin may be stimulated resulting in firmer skin texture, erasure of fine lines and reduction of deeper lines.

Our Recommendation:

One course of treatment is 10 sessions, generally, facial cupping is very effective and result can be seen around the 6th visit.

Cupping Eye Therapy

Cupping around the eyes directs the Qi towards the eyes.

Benefits:

1. Gets rid of eye tension-the tired look in the eyes
2. Helps disperse the fluid accumulation around the eyes
3. Helps dried eyes, teary eyes

Process: Small sized rubber top glass suction cups are normally used and applied around the eyes, using a light moving technique. Cupping applied twice a week for a period of 6 weeks is most effective. After the initial 6 weeks treatment, a maintenance course of once a week is recommended.

Abdominal Cupping

Cupping is an excellent for the belly.



It stretches the walls of the organs, thus sloughing off stagnant waste and mucus and overall promote the activity of digestion.

It may be common for clients to expel an excess amount of waste immediately following treatment with an increase of eliminations throughout the day.

Cupping helps in handling irritably bowel syndrome (IBS), constipation, diarrhea, distention and acidity.

Cupping Therapy on Breast

What?

Breast Enhancement

Perkiness of Breast

Breast Reconstruction-Softens scar tissue.

When not to?

1. During pregnancy
2. Persons under 15
3. Any signs of inflammation, swelling present
4. Pain, tenderness, or discharge present from nipple
5. Size, lumps, color abnormalities Skin texture irregularities between two breasts,

Cupping Therapy (Pre-Post Surgery)

Cupping preparing the body for surgery and the recovery is faster, thus having benefits pre & post surgery.

Cupping prepares the body to Cupping aid in the healing process, including the reduction of scar tissue.

Cupping after Injuries

All injuries causes micro tearing of the body's soft tissue. After the inflammatory process, which is the body's natural; healing process, healing occurs with the formation of scar tissue.

Stage 1 of healing:

Immediately after a wound heals, the scar tissue can be painful, itchy or sensitive as nerve endings within the tissue heals. Exercise massage and heat application will have the greatness positive effect on the scar tissue at this stage.

Stage 2 of healing:

Scar tissue generally will cease production 3-18 months following wound healing. A more disciplined and vigorous approach is needed to reduce the scar tissue in this stage.

Scar tissue constricts nerve pathways, restricts circulatory, and lymphatic flow because it has no circulation, restricting range of motion trapping metabolic debris and heat within the injury site. It disrupts the lymph capillaries hindering lymph drainage.

Good News: Soft tissue responds to all therapy, including those that include the use of heat; however the deep fascia does not making the use of cupping therapy useful. **Why?** For an injured muscle to regain maximum strength and flexibility, dehydrated scar tissue needs to become aligned and integrated with the muscle fibers (all of their fibers need to be aligned in the same direction).

Suction created by cupping therapy creates the necessary separation of the tissue thus allowing for increased absorption of water and freshly oxygenated blood which is need in aiding hydration to the muscle tissue that is stuck together by the formation of scar tissue. The addition of cupping therapy an aid in the healing process in diminishing scar tissue.

FAQ

Precautions & Contraindications

Special precautions on clients who are energetically depleted, elderly persons, or children, those on blood thinners or with diabetes, those with low blood pressure, and those who are pregnant.

No direct contact on varicose veins, lesions, bulging discs,

Avoid any chill, draft, or excessive heat for 4-6 hours after treatment.

Avoid showers, steam, sauna, and exercise after treatment.

Release & Disclaimer

Release

I understand that all treatment at this facility are therapeutic in nature. I agree to notify the therapist of any physical discomfort or draping issues during the session. This facility has provided me with information on massage and cupping therapy techniques. If I choose to experience this therapy in my treatment, I understand the effects and after-care recommendations. It has been explained to me that there is a possibility of a skin discoloration, appearing as the tissue is released. I am aware that this is not a bruise and that it will dissipate within a few hours to a few days.

Disclaimer

Information herein is provided for informational purposes and is not meant to substitute for the advice provided by your own medical professionals. You should not use the information contained herein for diagnosing or treating a health problem or disease, or prescribing any medication. As a non-medical practitioner, if you have or suspect that you have a medical problem, promptly contact your health care provider. Information and statements regarding cupping therapy have not been evaluated by the Food and Drug Administration and are not intended to diagnose, treat, cure, or prevent any disease.

Effective Massage is pleased to be a part of your journey to good health!

Again, Cupping Therapy: benefits to you....

- Relaxing
- Great complement to massage or as a stand alone treatment
- Stretches Muscle & Connective Tissue
- Clears stagnation
- Drains & moves fluids
- Relieves Inflammation
- Nervous System Sedation
- Expels Congestion
- Loosens Adhesions
- Nourishing Blood Supply to the Skin

Let's get started.....

One Course of treatment

Results?

Full benefits of cupping therapy are usually achieved after 5-10 visits. Sometimes, benefits are noticed immediately but are short lived.

How Often?

Your therapist will discuss the frequency of the treatments. Each client will differ, as well each treatment will be customized to your needs at the treatment time.

Ten sessions are considered to be one course of treatment.