



Cupping

Cupping therapy is an ancient form of **alternative medicine** in which a therapist puts special cups on your **skin** for a few minutes to create suction. People get it for many purposes, including to help with pain, **inflammation**, **blood** flow, relaxation and well-being, and as a type of deep-tissue **massage**.

The cups may be made of: (Dolores uses glass dry method)

- Glass
- Bamboo
- Earthenware
- Silicone

Cupping therapy might be trendy now, but it's not new. It dates back to ancient Egyptian, Chinese, and Middle Eastern cultures. One of the oldest medical textbooks in the world, the *Ebers Papyrus*, describes how the ancient Egyptians used cupping therapy in 1,550 B.C.

Types

There are different methods of cupping, including:

- Dry
- Wet

During both types of cupping, your therapist will put a flammable substance such as alcohol, herbs, or paper in a cup and set it on fire. As the fire goes out, he puts the cup upside down on your **skin**.

As the air inside the cup cools, it creates a vacuum. This causes your skin to rise and redden as your **blood** vessels expand. The cup is generally left in place for up to 3 minutes.

A more modern version of cupping uses a rubber pump instead of fire to create the vacuum inside the cup. Sometimes therapists use silicone cups, which they can move from place to place on your skin for a **massage**-like effect.

Wet cupping creates a mild suction by leaving a cup in place for about 3 minutes. The therapist then removes the cup and uses a small scalpel to make light, tiny cuts on your skin. Next, he or she does a second suction to draw out a small quantity of **blood**.

You might get 3-5 cups in your first session. Or you might just try one to see how it goes. It's rare to get more than 5-7 cups, the British Cupping Society notes.

Afterward, you may get an antibiotic ointment and bandage to prevent infection. Your skin should look normal again within 10 days.

Side Effects

Cupping is fairly safe, as long as you go to a trained health professional. But you could have these side effects in the area where the cups touch your skin:

- Mild discomfort
- Burns
- [Bruises](#)
- Skin infection

Information from Web MD

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