

Cupping Therapy

The **Cupping Therapy** healing modality has been in existence for over 3,000 years.

It is currently a standard modality in traditional Chinese medicine which includes acupuncture, herbal medicines and Chinese massage called Tuina.

At **A Borgata Salon & Spa** we use two types of cups.

Our **glass cups** are applied by a suction tool. The **silicone cups** need no tool to create the suction. Both methods employ suction in degrees of light, medium and strong.

The **glass cups** remain in a stationary position on the body. The **silicone cups** are used in a moving fashion creating a cupping massage

The stationary **glass cups** leave a round mark of various discolorations. These are not bruises and there is no pain involved. The marks fade in 4-10 days on average.

The gliding **silicone cups** leave a reddish glow. This discoloration can disappear after the session or in a day or two. Also, there is no pain involved.

In Chinese medicine blood and Chi are inseparable. It is stated that where blood moves Chi follows and where Chi moves blood moves. Chi is the essence of life. Chi is the source of all movement in the body.

Benefits of cupping:

- Increased blood flow circulation
- Better function of sweat and sebaceous glands of the skin
- Strengthen skins power to resist various infections
- Helps relieve chronic joint pain
- Better flow of synovial fluid in joints
- Muscular spasms around joints
- Expansions of blood vessels and facilitates blood flow
- Removes congested, stagnant blood
- Removes inflammation
- Helps reduce acute and chronic pain in muscles
- Facilitates flow of lymph

In general the body will be more energized and balanced.