

# Services

## Cupping

If you were reading the Ebers Papyrus (one of the oldest medical textbooks in the world) you would see that it describes how the ancient Egyptians used cupping therapy in 1,550 B.C. Only recently during televised sporting events has the image of purple circles on the backs, necks, legs or arms of professional athletes drawn attention to this ancient myofascial therapy. The material the cups are made with and the technique in which they are applied have changed through the years. However, the basic premise of the cups providing suction to decompress the underlying tissue remains the same.

Cupping can serve many purposes including helping with pain, inflammation, blood flow, relaxation and well-being, and as a type of deep-tissue massage. Europeans use cupping for many other treatments like arthritis, fibromyalgia, fertility disorders, blood pressure, migraines, anxiety and depression, and varicose veins.

Don't be surprised if, when you leave a cupping session, some red or purple marks come to the surface of your skin. The results are worth this TEMPORARY visible marking. Many times, the marks are in locations that are covered by your clothes anyway.