



Cupping

Cupping is an age-old technique used in Traditional Chinese Medicine to stimulate acupuncture points or larger areas of the body. Cupping is often practiced alongside acupuncture but can also be used as a treatment in its own right.

Cups are rounded and are usually made of glass. In cupping, the practitioner creates a vacuum inside the cup and quickly places it onto the skin where treatment is needed. The cup is left in place for anything up to 20 minutes. The practitioner may use several cups in one treatment.

Sometimes a technique known as 'sliding cups' is used. A thin layer of massage oil is spread over the skin; the cups are then placed onto the body in the usual way and slid along the muscles being treated. This sliding method helps the blood and Qi to flow more easily in areas of stagnation.

Cupping intentionally encourages transitory therapeutic petechiae which removes blood stagnation considered pathogenic in Traditional Chinese Medicine.