



**Cupping Therapy** is an ancient Chinese therapeutic method using heated glass cups which create localized pressure by causing a vacuum, which draws the blood to the area and helps healing.

### **Releases toxins in your body**

Cupping therapy releases toxins in your body, the suction from the cups can penetrate deep into your tissues causing the tissues to release harmful toxins. It triggers the lymphatic system, clears the blood vessels, stretches and activates the skin.



Cupping therapy is a traditional Chinese medicine technique that involves placing glass cups on the skin to create suction. This helps to increase blood flow, reduce muscle tension, and relieve pain. It is often used to treat conditions such as back pain, neck pain, and migraines. Cupping therapy is also used to improve circulation and reduce inflammation. The suction created by the cups helps to draw out toxins and improve the overall health of the skin and underlying tissues. Cupping therapy is a safe and effective treatment for many conditions, and it is often used in conjunction with other forms of therapy.

