

# Cupping Massage - Forgotten Therapeutic Procedure is Back

✘ Cupping massage also known as vacuum-compressed [massage](#) with flasks is a therapy method used for over 3 000 years. An ancient natural procedure has found its place in the modern world of healing. Cupping massage is a customized version of the common practice of cupping therapy, used in traditional Chinese medicine, and the outcome that this straight forward treatment makes are impressive. Through suction and vacuum, cupping massage releases rigid soft tissue; drain excess fluids and toxins; loosen adhesions and elevate connective tissue; and bring blood flow to stagnant skin & muscular tissues.

The therapeutic purposes of cupping have been recognized through several thousand years of clinical practice. Cupping massage intensifies the curative aspect of traditional cupping and is an valuable supplement to any spa, therapeutic facility or private practice. The cups are reasonably priced, the remedy is fun and result-oriented, and the client reaction is remarkable.

It utilizes flasks that are made from either glass or special plastics. The air in the flask is heated, creating vacuum, and when applied to the skin, pulls the skin and the hypodermis in towards the flask. The flasks applied to critical areas, or moved around the patient's back, which must be well-oiled first. As a result, the massaged area becomes well perfused. Localized application of the flasks also yields strong results on joints suffering from swelling and pain.

A favorite part for cupping massage is on the broad area of the back. Larger cups are used for this, and a strong vacuum will mimic the rolling action of deep-tissue massage without any irritation. The movement might be long & proposed to drain fluid, or circular and stimulating for persistent knots and parts of rigid tissue. The skin will get red with strong cupping massage, indicating that flow has been brought to the surface.

This method is suitable for ailments of the [skeletal system diseases](#), rheumatism, muscle and ligament pain, as well as joint dystrophy. It improves blood flow, activates the lymphatic system, aids in detoxicating the body, and thus benefits the immune system. It helps ease headaches, fatigue and any consequences of stress.

Date: 2013-09-24

Article link: <https://w.spa-resorts.cz/eng/kaleidoskop/cupping-massage-1244.html>