

# Pure Massage Cupping Therapy (MCT)

Add \$20 to Signature Massage Price

**What is Massage Cupping Therapy?** By creating suction and negative pressure, MCT is used to soften tight muscles and tone attachments, loosen adhesions and lift connective tissue, bring hydration and blood flow to body tissues, and drain excess fluids and toxins by opening lymphatic pathways. MCT is versatile and can easily be modified to accomplish a range of techniques, from lymphatic drainage to deep tissue and myofascial release.

**How does Massage Cupping Therapy feel?** The sensation is often experienced as deep warmth and a tingling feeling lasting long after treatment has ended. The sensation on the nervous system is sedating, and people will often descend into a profound state of relaxation. The body comes alive, and new ease of movement can truly be felt. People report that the experience stayed with them longer than most treatments. The speed with which MCT effects change in the tissue is truly amazing. When used in a treatment series, the results are cumulative.

## What are the benefits of Massage Cupping Therapy?

MCT is not an irritant to the skin or body. It draws out inflammation, without causing inflammation. The skin will appear red with strong movements, indicating that circulation has been brought to the surface. Increased local blood supply to the muscles and skin will bring nourishment and allow for toxins to be carried away via the veins. Conditions of chronic and acute pain can be relieved with minimal discomfort and tense muscles softened quickly and easily. One of the most amazing aspects of this technique is the “separation” that the vacuum produces in tissue layers. This enables water absorption and renewed blood flow to undernourished and dehydrated tissue as well as the elimination of old waste and congestion. Along with the substantial health benefits of clearing old debris, the use of suction is invaluable in releasing soft tissue, scars and restricted fascia. MCT is wonderfully effective as an addition to a massage or therapeutic service. Another effective application of MCT is the treatment of cellulite.



\*\*Must request MCT practitioner.

**What is the discoloration that occurs after some treatments?** MCT very rarely produces discoloration called a “cup-kiss”. If this appears during treatment, it’s just added bonus indicating the release of intense stagnation (body fluids and toxins) in the area. This is not a bruise and will dissipate anywhere between a few hours and a few days. It is also unlikely this it will re-occur in the same area.

### **Skin Reaction after Cupping**



### History of Cupping

Cupping developed over time from the original use of the hollowed animal horns to drain toxins out of snakebites and skin lesions. Horns evolved into bamboo cups, which were eventually replaced by glass. Therapeutic applications evolved with the refinement of the cup itself, and with the cultures that employed cupping as a health care technique. The true origin of cupping therapy remains in obscurity.

The Chinese expanded the utilization to include use in surgery to divert blood flow from the surgery site. Cupping eventually developed into a separate therapy, with healers treating a variety of conditions. Early written records date from 28 AD, and a traditional Chinese saying indicated “acupuncture and cupping, more than half the ills cured”. Chinese medicine observes that cupping dispels stagnation of Blood and Chi, along with external pathogenic factors that invade a weakened constitution. A depleted constitution is often a result of depleted “Jing Chi” or original essence. This will usually progress to a weakened “Wei Chi”, or defense (immune system).

The Egyptians produced a text on ancient medicine that discussed the use of cupping for conditions such as fever, pain, vertigo, menstruation imbalances, weakened appetite and accelerating the “healing crisis” of disease. From the Egyptians, cupping was introduced to the Greeks and eventually spread to ancient cultures in many countries of Europe and even the Americas.

In recent history, European and American doctors widely used cupping in practice into the 1800’s. Research papers were written in the 19th century, and a collaborative effort between the former Soviet Union and China confirmed the clinical efficacy of cupping therapy. It became an official therapy to be found in all Chinese hospitals.

The 20th century brought about a decline in interest as new technology, drugs, and machines came into use. New cupping sets were introduced using mechanical pumps to create the vacuum, and these sets were carried by medical supply companies well into the 1940’s.