

spa enhancement courses

# CUPPING

3 DAY TRAINING COURSE



# Cupping

A modern Western approach to a world wide traditional therapy. Cupping therapy has been used for centuries across the different continents for healing. The College of Integrated Body Balance has brought it into the 21<sup>st</sup> century by modernising its use for present day Western clients and their conditions.

This therapy involves the use of vacuumed filled glass jars with oil as a therapeutic massage system. Designed to treat a wide range of physical problems from pain and muscle spasms to cellulite, colds and flu.

## Technique

Oil is applied to the body with massage strokes to loosen up the tissue; the cups are then applied over the oil on the part of the body to be treated, then the cups are moved in particular ways to produce a deeply healing, stimulating and drawing massage.

The cups are warmed and applied to the body by creating a vacuum. The suction and warmth has a dramatic effect on the immune system of the body by moving blood and lymph and stimulating the muscle and spinal nerves.

Students will learn to apply the cups to the back, shoulders, legs and stomach for a variety of conditions.

## Theories

Traditional Chinese medical

- Meridian location and flow
- Acu-point locations and indications
- 5 Elements & Zang-Fu organs
- Consultation questions and answers

Western understandings

- Spinal nerves
- Injuries
- Common conditions (Pain and spasms, diarrhoea, swelling, sciatica etc.)
- Contra-indications

## Outcomes

Therapists will be able to offer cupping therapy to a variety of clients for medical treatments, relaxation and beauty treatments. Each treatment can last between 30 and 45 minutes. This therapy offers a fantastic potential to the sports orientated therapists working with strong athletes and sports injuries. It reduces their own wear and tear while still providing strong stimulation therapy.

NOTE: This is not the same as the Chinese cupping techniques where clients are left with heavy bruising and marking to the skin. This course is designed for treatments applied to the more sensitive Western clientele. Skin colour changes will only be slight and not lasting.

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[www.integratedbodybalance.co.uk](http://www.integratedbodybalance.co.uk)