

west side wellness

therapeutic bodywork and massage

vacuum cupping at WSW

Vacuum cupping helps circulation, revitalizes tissue, promotes relaxation, and stretches the superficial fascia. We integrate cupping into your scheduled massage time. Provided by Kei Cobb, Stephanie Farrar, Muggs Fogarty, Jen Raimondi, and Jenny Xie.

things to know:

Cupping is therapeutic and, in eastern medicine, diagnostic. Discoloration indicates areas of blockage; depth of discoloration indicates severity of condition.

Cupping is great for pain, sore muscles, congestion, and areas of tissue adhesion.

Cupping can produce mild discomfort, discoloration, and skin irritation.

Cupping is to be avoided on deep vein thrombosis, ulcers, arteries, any felt pulse, poor skin quality (diabetic condition, thin skin), and the abdomen. Cupping is also contraindicated for bone fractures and metastatic cancer.