

Ba Guan

Cupping Therapy · Static & Dynamic

OVERVIEW

Cupping is deeply relaxing and generally painless. Unlike massage techniques that compress soft tissue, cupping uses gentle vacuum suction to decompress it — lifting the skin and underlying tissue into the cup and creating a light pulling sensation as it moves across the body. Nearly everyone can benefit, especially for limited mobility, tight muscles, scarring, headaches, tendinitis, bursitis, plantar fasciitis, fibromyalgia, and stubborn trigger points.

Once rooted in folk medicine, cupping has found a comfortable home in modern sports recovery and wellness routines alike, valued by athletes and everyday clients for the way it eases tension and supports circulation without the compression of traditional massage.

STATIC & DYNAMIC CUPPING

Static Cupping

The cups are placed on specific points of tension and left in place, undisturbed, for several minutes. This stationary suction allows a deeper, more sustained decompression of the tissue beneath — ideal for pinpointed trigger points, chronic knots, and areas that need time to soften and release.

Dynamic Cupping

With massage oil applied to the skin, the cups are gently glided and massaged across broader areas of the body. This moving suction pairs the benefits of cupping with the fluidity of massage, improving mobility and lymphatic flow and making it especially effective for larger muscle groups and fascial restrictions.

BENEFITS

- Releases scar tissue and fascial adhesions
- Reduces painful trigger points
- Improves blood and lymph circulation
- Relieves pain
- Promotes mobility and range of motion
- Softens mature scars
- Supports the body's natural detox

WHAT TO EXPECT

Warmth or redness afterward is simply increased blood flow doing its work. Mild soreness may follow — generally lighter than after a deep tissue massage — along with bruising that can linger up to a week. Cupping marks typically fade within the week as well; rest and avoiding heat afterward is recommended.

PRECAUTIONS

Cupping isn't the right fit for everyone. Please let your therapist know before your session if you are pregnant, have a bleeding disorder or take blood-thinning medication, have a pacemaker, are in active cancer treatment, or have deep vein thrombosis, unstable varicose veins, or a recent surgery, fracture, or skin injury near the treatment area. Cupping is also avoided over broken, infected, or inflamed skin and fresh tattoos. When in doubt, a quick note of clearance from your physician is always welcome.

A NOTE ON HEALING

For strains, sprains, overuse, and other physical trauma, cupping offers a natural path toward healing and pain relief.