

Body Contouring Therapy

Body contouring is an ancient technique that has found its way back into the modern world of healing. Using massage cups, a common practice of Chinese cupping therapy, the therapist causes suction and negative pressure by creating a vacuum. The cups are moved over the skin, softening tightened muscles and toning attachments. By lifting the connective tissue he/she is able to bring hydration and blood flow to the body tissues and drain excess fluids and toxins by opening the lymphatic pathways.

The nervous system is sedated causing a profound level of healing. Conversely, it wakes up and stimulates the skin, increasing circulation while separating fused tissue layers and draining lymph, it also loosens adhesions, facilitating the muscles to operate more independently, stimulating healthy elimination of accumulated debris in the tissues, organs and system. This promotes a smooth appearance and a healthy glow to the skin.