Cupping Therapy - In the home vs clinic

The purpose of cupping is to help relieve pain, enhance circulation, put out the toxins and to remove "heat." There are clinics throughout the world that offer cupping therapy or you could purchase a cupping kit and do it in the comfort of your own home. Is this something you should do in your home or should you have a professional do it for you?

Let's look at the steps it takes to do cupping therapy at home, then you can decide if you should just go to a clinic to have it done …

Step 1 – Placement of the Cups

You first need to determine where to place the cups. If you're using this therapy to treat soreness or pain, you need to apply treatment on the affected area.

The fleshy areas of the body, such as the stomach, back, legs, and arms are great treatment areas.

You shouldn't use the cups over an area where you can feel a pulse and do not place them over an artery, ulcer, or deep vein thrombosis.

If you are using this therapy to treat a condition such as bronchial congestion or depression, you should seek with a licensed acupuncturist to determine the best area to place the cups.

Step 2 – Don't Forget to Clean the Area

Once you determine where you will be placing the cups, wash the area with soap and water. Dry the area with a clean towel. If you have body hair, the suction created from the cups may be painful, so you may want to shave the hair from the treatment area.

Step 3 – Oiling Your Skin

Take a small amount of oil and rub it on the area you will be treating. This step is optional, so you can skip it if you like, however, it can help reduce irritation.

Step 4 – Get the Cups Ready

You can use plastic, iron, pottery, bamboo or thick glass cups – they need to be two different sizes. Half should be 2 oz and the other half should be 4 oz. Wash the cups with salted warm water, then dry them.

Step 5 – Cotton Ball and Rubbing Alcohol

Soak a cotton ball in alcohol, drain excess rubbing alcohol. Light the cotton ball on fire as you're holding it with tweezers.

Place the cotton into the cup. Leave it there for two seconds, or until the glass feels warm. Don't let the cup get too hot. The fire gets rid of the oxygen inside the cup – this is an important step because when there's oxygen in the cup, it won't be able to suction the skin.

Step Six – Apply the Cup to Your Skin

As soon as the cotton ball has been removed and the cup is warm (not too hot), place it on the skin. As the glass cools down, it will transform into a vacuum. Leave it there for five to ten minutes, then remove it.

Does this look like something you would be willing to try at home? If so, go ahead and give it a try. However, many people prefer going to a clinic, laying down and resting with the satisfaction of knowing their cupping therapy is being done by a professional. On another note, there's also cupping therapy equipment available that will make the entire DIY process pretty easy – that's something you may be interested in looking into as well.