

## Services

### Cupping

Cupping has been a part of Chinese Medicine for over 2,500 years. It relieves aches and pains, improves circulation, and also helps with respiratory and digestive issues. I simply place a specialized "cup" onto specific points on your body, and then use suction to draw your skin up into the cups. It doesn't hurt — it simply draws fresh blood to that area of your body, which facilitates the cleansing and strengthening of your Qi (energy). The end result is a greater overall sense of health and well-being.

