

BODY EQUILIBRIUM

Sports Massage | Yoga | Reiki

Gift Vouchers

🧑‍🎨 Struggling to think of a gift for someone special? Instead of buying them more 'stuff' they probably don't want or need, why not treat them to:

💙 Sports Massage - a great gift for any sporty friends or family (especially if they are in training over the winter)

💙 Indian Head Massage - a relaxing massage for anyone wanting to destress and unwind

💙 Reiki - ideal for anyone needing a bit of an energy boost or help finding balance in life

💙 Yoga Classes - for those looking to become fitter, stronger and more flexible in the New Year.

Gift vouchers can be purchased in multiples of £5, or to cover the cost of a treatment/series of



What is Myofascial Cupping?

Do you remember seeing photos of Michael Phelps covered in circular purple dots during the Rio Olympics? These were the marks left by cupping.

How are cups applied?

Firstly, lotion or cream is applied to the skin as per a normal sports massage. The therapist uses their knowledge of the muscles to ascertain where there are areas that would benefit from cupping, for example areas where muscles are tight or there are adhesions. Dependent upon the size of the body part being treated, one, two or more cups are then applied to the body using the vacuum pump. The cups can be left in one place for up to 10 minutes or can be moved around by the therapist in order to target and massage a wider area.



Does it hurt?

This is the question I get asked most frequently! Cupping isn't painful but you will probably feel a 'pinching' sensation or tightness in the area being treated. You may be asked to perform some movements whilst the cups are attached to help mobilise the fascia and muscle tissue and this can increase the pinching/tightness.



New Years Resolutions

Running: If you're thinking of taking up running, check out these blogs:

London Marathon

Starting Running? 5 Things I wish I'd known

Yoga Classes and One to Ones:

Attending a group yoga class is a great way to find out more about the practice of yoga.

Classes are suitable for complete beginners through to those with more experience, and offer a range of different asanas (postures) and movements.

Modifications and variations are offered to make the class more or less challenging depending upon your physical ability. One to ones are also available. If you'd like to find out more about starting yoga in 2018 get in touch for a chat.

Will it leave marks?

Dependent upon the area being treated, you will be left with some degree of marking. In my experience, the back tends to mark more than say the quads on the legs but yes, you will have some marking after the treatment. These vary on different people and the area being treated, but should disappear in a few days.

What are the benefits of myofascial cupping?

- increased blood flow to the treated area
- increased fluid movement in the area
- passive stretching of the myofascial tissue, which help increase range of motion (ROM) in the area
- de-activation of myofascial trigger points
- relaxation of the treated area

If you'd like to find out more about cupping and discuss whether it would be a beneficial treatment for you, get in touch with me for a chat. I provide cupping as part of a sports massage therapy treatment. This will include the usual consultation and detailed postural assessment, alongside deep tissue massage techniques. Treatments are available at the Daventry location and are by appointment only.

To book your appointment, either call me on 07494 100165 or email me on info@bodyeq.co.uk.

Read the full article [here](#).

Body Equilibrium

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