

# FIRE CUPPING



Cupping is an Alternative Medicine, and therapeutic practice where glass cups which have been heated are applied to the skin surface precisely positioned along the meridians of the body. This positioning of the cups will create suction and it is believed to evoke and stimulate the energy flow through and around the body.

Cupping therapy is an ancient form of alternative medicine, creating suction to the skin using cups.

Benefits of cupping include:

- Helps reduce pain,
- Reduced inflammation,
- Increased blood flow,
- Relaxation and well being.

It is reported that many well-known movie stars and Hollywood actors have tried cupping for various problems.

Well-known people reported to have used cupping are the actress Gwyneth Paltrow, Oprah Winfrey, Jennifer Aniston, Lady gaga, Victoria Beckham and Brad Pitt to name just a few.

## CONTACT US

41 Owston Road, Carcroft,  
Doncaster, South Yorkshire, DN6  
8DA

01302 965658

[enquiries@centrewellbeing.co.uk](mailto:enquiries@centrewellbeing.co.uk)  
[www.centrewellbeing.co.uk](http://www.centrewellbeing.co.uk)

# THE TRAINING CENTER OF WELLBEING

FIRE CUPPING  
TRAINING BROCHURE





## ABOUT THE COURSE

Prerequisite: Existing Massage Therapists  
 Duration of training: 2 Day  
 Cost: from £250  
 Independent Learning Hours: 30  
 Case Studies: 4 with 2 follow ups on each

## MORE INFORMATION

One of the oldest medical textbooks in the world, the Ebers Papyrus, describes how the ancient Egyptians used cupping therapy in 1,550 B.C.

## IS THIS COURSE FOR YOU?

This course is for the experienced massage therapist wishing to offer fire cupping. Successful completion qualifies you to attend the advanced training in water cupping, ice cupping, strong cupping and facial cupping.

## WHATS INCLUDED?

Your training includes:  
 Full printed manual, classroom session, support with case studies, complementary therapist handbook.

- Curriculum
  - \* Health and safety
  - \* Code of practice for hygiene in Beauty Salons
  - \* Sterilisation and disinfection
    - \* Ergonomics
  - \* What is cupping therapy
    - \* History of cupping
    - \* Benefits of cupping
    - \* Muscles of the body
    - \* The muscular system
  - \* Growth and repair of the muscles
    - \* The muscles of the face
    - \* Muscles of the body
      - \* Types of bone
      - \* Skin anatomy
  - \* The circulatory, respiratory and lymphatic system
  - \* Equipment needed for cupping
    - \* Contraindications to cupping
  - \* The spine and how issues within can affect the body
    - \* Effects of spinal misalignments
      - \* Client consultation
      - \* Consultation form
    - \* Health and safety guidelines for cupping
  - \* Reference points for placements and healing
    - \* How to attach and use the cups
      - \* Contra-actions

Accredited by the International Practitioners of  
 Complementary Medicine