

Discover the Holistic Benefits of Cupping Therapy

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As India's wellness industry surges, one ancient therapy is making a strong comeback—**body cupping therapy**. Traditionally rooted in Chinese and Middle Eastern healing systems, modern cupping has evolved into a sought-after treatment for pain relief, muscle recovery, stress reduction, and full-body rejuvenation. From athletes to office-goers, Indians are embracing this therapy for its natural, drug-free benefits.

Body cupping therapy uses specially designed glass, silicone, or acrylic cups to create controlled suction on the skin. Thus suction gently lifts the underlying tissue, boosting blood circulation, easing stiffness, and encouraging deep-tissue healing. Although centuries old, the technique has regained popularity with the global rise of holistic wellness and the endorsement of physiotherapists, fitness professionals, and alternative medicine practitioners.

Benefits of Body Cupping Therapy

- **Pain Relief & Muscle Relaxation**

- It helps reduce muscle tension and stiffness, especially in the back, neck, shoulders, etc.
- By drawing blood toward the area, it may improve recovery from injuries or chronic musculoskeletal pain.

- **Improved Circulation**

- Negative pressure (suction) helps increase local blood flow.
- Better circulation may help with tissue healing and nutrient delivery.

- **Reduced Inflammation / Detoxification**

- It may help mobilize stagnant blood and lymph, supporting lymphatic drainage.
- Some practitioners believe that cupping aids in flushing out “toxins” via improved lymph flow.

- **Faster Muscle Recovery**

- Athletes often use cupping to reduce post-exercise soreness and speed recovery.
- By loosening fascia and soft tissues, it may help clear metabolic waste like lactic acid.

- **Stress Relief & Relaxation**

- The suction can stimulate the parasympathetic nervous system, promoting deep relaxation.
- Many people say they feel more “light” and calm after a session.

- **Better Skin Health**

- It is sometimes used for skin conditions like acne, cellulite, and scar tissue.
- Increased blood flow to the skin may improve its tone and texture.

Availability of Cupping Therapy in India

- Cupping is offered in **physiotherapy clinics**, especially those specializing in pain management, sports rehab, or alternative therapies.
- It's also available in wellness / "hijama" therapy centres in major cities.
- Cost: For instance, in Mumbai, some centres list cupping therapy for a physiotherapy session.
- Techniques: Both *dry cupping* (no bleeding) and *wet cupping* (sometimes called hijama) are practiced in India

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