



## Cupping Therapy

In Cupping Therapy, various vacuum cups utilize negative pressure to lift the skin, which increases blood flow to the skin and muscles, and helps release rigid soft tissues, lift connective tissue, loosen adhesions, and drain excess fluids and toxins.

### **About Your Appointment**

Appointments are scheduled Monday through Friday. Please call in advance to schedule your appointment.

Your appointment time is reserved especially for you. *A minimum of 24 hour notice is requested for cancellation/rescheduling.* In case of emergencies, such as illness, a personal/family emergency or bad weather, please call as soon as possible.

### **Initial Appointment**

For your first appointment, please arrive 5-10 minutes prior to your service. A client history form will be provided at that time. (*You may download a form ahead of time at [ginigarrett.com](http://ginigarrett.com).*) Please advise of all medical conditions, surgeries, injuries and allergies, as this will ensure the best service using appropriate techniques and products.

Please wear comfortable, loose-fitting clothing.

HEALING ARTS

BODYWORK & MASSAGE

# CUPPING THERAPY

By Appointment

**641-224-2577**

Gini Garrett, LMT  
[www.ginigarrett.com](http://www.ginigarrett.com)

*Located at  
Amy's Salon House & Spa  
202 N. Main • Sigourney*



In Cupping Therapy, various vacuum cups utilize negative pressure to lift the skin, which increases blood flow to the skin and muscles, and helps release rigid soft tissues, lift connective tissue, loosen adhesions, and drain excess fluids and toxins.

Cupping Therapy may be used as a treatment by itself or may be combined with other modalities.

Healing Arts uses:

- Baguanfa Silicon Cups
- Bellatazze Face Cups
- Haciwuxing Biomagnetic Cups
- Kangzhu Biomagnetic Cups
- Dongbang Plastic Vacuum Cups

*Please contact Healing Arts to arrange a complementary consultation to learn more about Cupping Therapy and its benefits.*

*Prices effective 03/01/15*

### **Foot Cupping Therapy \$30**

Haciwuxing Biomagnetic Cups are used on the feet to stimulate the foot reflexology zones. Baguanfa silicon cups are used to stretch and massage the plantar fascia and heel for a relaxing foot treatment. Allow 30 minutes for a treatment. Add a cupping treatment to the calves - allow an additional 15 minutes (\$45)

### **Rejuvenating Face Cupping Therapy \$30**

The Bellatazze Face Cups are used to cup the face, neck and décolleté. These small cups gently lift the tissue, increasing circulation to the skin, helping reduce puffiness, soften fine lines and reduce muscle tension, as well as affecting the sinuses. Allow 30 minutes for a treatment. A series of treatments may be recommended for optimal results.

### **Back and Body Cupping Therapy \$30 - \$45**

A variety of Cupping Therapy treatments may be used on the back, hips, sciatic area, shoulders and arms. Both stationary and dynamic/moving massage cupping may be used. The appropriate-sized cups and treatment are chosen for the issue(s) being addressed. A session will be customized for your individual needs.

### **Cellulite Cupping Therapy \$30 - \$45**

Light pressure on the cellulite areas provides drainage and heavier application of pressure can be used to stimulate circulation and loosen connective tissues or orange peel appearance. Time varies depending upon the area treated. A series of treatments may be recommended for optimal results.

### **Abdominal Cupping Therapy \$20**

Light stretching pressure on the abdomen helps the body to move out stagnant waste and improve digestion. Following a treatment, an increase in elimination may be experienced. Regular use of cupping may help with IBS, constipation, diarrhea, distention and acidity. Allow approximately 20 minutes for a treatment.

### **Add On Options ~\$1/minute**

Cupping may be combined with other massage and bodywork modalities to create a customized session to suit your individual needs. Call Healing Arts for a complementary consultation to personalize your session for optimal results.

## By Appointment

Appointments are scheduled  
Monday through Friday.

*Please call in advance to schedule your appointment.*

# 641-224-2577

Payment is due at the time of service.  
*Healing Arts accepts cash, personal checks, credit cards and Sigourney Dollars.*



## About the Practitioner

Gini Garrett, is a Licensed Massage Therapist (LMT, IA #02244), Certified Zero Balancing Practitioner (CZB), Certified Cupping Therapist (CCT) and Bach Foundation Registered Practitioner (BFRP).

Nationally Certified in Therapeutic Massage and Bodywork (NCTMB) and a member of the American Massage Therapy Association (AMTA), she has been providing complementary therapies for over 20 years and also has training in Foot Reflexology, Reiki Level II, CranioSacral Therapy, Shiatsu, Swedish Massage, Heated Stone Massage, Reconnective Healing®, Cupping & Gwa Sha, Aromatherapy, Sound Therapy, Touch for Health, and BrainGym.

[www.ginigarrett.com](http://www.ginigarrett.com)