

Wellness and Fitness

Cupping Therapy



Cupping therapy is an ancient Chinese form of alternative medicine in which a therapist puts special cups on the skin for a few minutes to create suction. Cupping is used for many purposes including to help with pain, inflammation, blood flow, and well-being, and as a type of deep-tissue massage. Our Board Certified Massage Therapist, Ellen Greene, LMT, CMT, uses her expertise, talents, intuition and empathy to achieve maximum results for our clients.