Materials of the cup may vary from glass or plastic cups to bamboo, ceramic, metal, or silicone.

Many kinds of methods are practised but most common are:

Dry cupping

Usually, a heated cup is used to create a vacuum by using up the oxygen inside. Some practitioners may use a suction device to create a vacuum.

Flash cupping

Therapists apply the cups in quick repetition. This kind of treatment is recommended for relief from congestion or increase in the circulation over a large area

Wet cupping

This technique involves controlled bleeding for medical needs. The skin is pricked with a needle or lancet to let a tiny quantity of blood flow out before placing the cups. The concept is to reduce inflammation and release toxins from within the body.

Fire cupping

It’s a dry method. The cup is preheated before placing it on the skin.

Oil cupping

After an oil massage, cups are attached to the skin and slid across. It’s a good option when the intent is to treat muscle spasms and aches.

Moxa cupping

This is an ancient Chinese practice and involves using the herb Mugwort, also known as Moxa, in combination with acupuncture if the patient complains of cold, cramps, or fatigue.

Cupping Therapy: When you make an appointment with Hijama Bodycare Centre, you can be certain that our practitioners adhere to a fundamental drug-free philosophy. Alternative medicine, or holistic care, is based on the notion that your body is capable of healing itself under the correct circumstances. Alternative medicine practitioners strive to generate such circumstances. This is why practitioners employ adjustments and joint manipulation to aid in total body recovery. The motion is that if the nerves, veins, and muscles can work normally, they may repair a variety of problems in the body. Cupping treatment is a drug-free, minimally intrusive treatment that a therapist may offer based on your symptoms list. Cupping treatments at Hijama Bodycare Centre are an excellent technique to address a broad range of bodily aches and pains.

## Fire cupping therapy

For fire cupping, a cotton ball doused in almost pure alcohol is used. With one swift action, the cup is put on the skin, the cotton is squeezed with forceps, and the flame is transferred to the cotton with a match or lighter. When the air within the cup is heated by the fire and then allowed to cool, the volume of the air inside the cup decreases, resulting in a negative pressure. The skin is “sucked up” by the negative pressure created when the cup is swiftly put on the body. It is possible to improve the seal and facilitate “gliding cupping” or “sliding cupping” by applying massage oil to the skin before placing the cups on the desired muscle groups (e.g., trapezius, erectors, latissimus dorsi, etc.). Capillary rupture just beneath the skin might cause dark circles to form at the site where the cups were positioned.

## Cupping Massage Services In Tilak Nagar

When you make an appointment with Hijama Bodycare Centre, you can be certain that our physicians adhere to a fundamental drug-free philosophy. Alternative medicine, or holistic care, is based on the notion that your body is capable of healing itself under the correct circumstances. Alternative medicine practitioners strive to generate such circumstances. This is why practitioners employ adjustments and joint manipulation to aid in total body recovery. The notion is that if the nerves, veins, and muscles can work normally, they may repair a variety of problems in the body. Cupping treatment is a drug-free, minimally invasive treatment that a therapist may offer based on your symptoms list. Cupping treatments at Hijama Bodycare Centre are an excellent technique to address a broad range of bodily aches and pains.

Cupping is a very effective treatment that doesn’t hurt and can help with a wide range of health problems. Your therapist may use it to help relieve your pain.

Cupping is accomplished by putting a flammable material, such as alcohol, into the cup and lighting it on fire. After the fire has been extinguished, the cup is turned upside down and put over the injured area. The heated air beneath the cup generates a suction over the region, which causes the blood vessels to dilate. This increases blood flow and circulation.

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## Facial Cupping Therapy Services In Tilak Nagar

Facial cupping therapy is an ancient practice that has gained popularity in recent years as a natural and non-invasive way to improve skin health and promote a youthful appearance. Originating from traditional Chinese medicine, cupping therapy has been used for centuries to treat various ailments, and its application to the face offers a unique set of benefits. This article explores the art and science behind facial cupping therapy, its potential advantages, and how it can contribute to overall well-being.

Ruqyah is the practice of seeking protection and healing from Allah through recitation of certain verses from the Quran and supplications taught by the Prophet Muhammad (peace be upon him)

I-Revive believes that when Ruqyah is combined with Hijama, it involves performing the cupping therapy while reciting specific Quranic verses and supplications. This is believed to enhance the healing process and provide additional spiritual benefits. The person performing the Ruqyah during the Hijama session is often someone knowledgeable in Islamic healing practices.

I-Revive believes that it's important to note that while these practices are accepted and valued by some within the Muslim community, they may not be universally endorsed by all Islamic scholars or medical professionals. Individuals interested in Ruqyah in Hijama should seek guidance from qualified practitioners and consult with healthcare professionals to ensure the safety and appropriateness of such treatments for their specific health conditions.

* Acupuncture is a traditional Chinese medicine technique that involves inserting thin needles into specific points on the body. It is based on the concept of energy flow, known as Qi or Chi, along pathways called meridians.
* I-Revive believes that the goal of acupuncture is to balance the flow of energy and promote the body's natural healing abilities. It is often used to alleviate pain, reduce inflammation, and treat various health conditions.