

# Cupping Therapy in Salt Lake City, UT

---

 [matrixmassagespa.com/service/cupping-therapy-salt-lake-city-ut](https://matrixmassagespa.com/service/cupping-therapy-salt-lake-city-ut)



## Additional Info:

---

- Duration: 90 Minutes
- Intake & QA: Massage times include 10 minutes of Intake, QA, and wrap up
- Service Amount: \$135

[Request an Appointment!](#)

100% Satisfaction Guaranteed

Do you have continuous back pain, high blood pressure or stress that builds up in your muscles? The buildup of toxins in the body can lead to chronic conditions, such as pain and various diseases. It's essential to take steps to avoid toxins. You can eat clean, healthy foods and drink plenty of water as a great start, but a bad day at the office and old injuries may create problem areas that need more attention. Matrix Massage & Spa offers cupping therapy Salt Lake City residents need to relieve stress and promote blood flow to sensitive back tissues. ***With over 20 years of experience, our talented massage therapists help you get to the root of your problem and may suggest cupping therapy to alleviate tension, release toxins and promote healing in the affected areas.***

## What Is Suction Cup Therapy?

---

Suction cup therapy is a type of negative pressure massage. During a cupping session, the therapist uses heat and glass or silicone cups to create suction. Several cups are placed at strategic intervals around your back so the suction can release any restriction in the deeper body tissues. This promotes the free flow of sluggish blood and fluids needed to nourish your muscles and nerves.

Stagnant blood in painful, tight muscles and connecting tissue comes to the surface and drains away. Meanwhile, oxygenated blood brings desperately needed nutrients to heal the tissues. At Matrix Massage, we have the best cupping therapy SLC residents can

experience. Our facility is equipped to treat couples and large groups and offers the largest variety of massages in Salt Lake City. [Contact us](#) to discuss a teambuilding event or to get the entire wedding party relaxed the day of the big event.

## What Are Cupping Therapy Benefits?

---

Derived from traditional Chinese medicine, suction cup therapy is now also widely available in the West. The Chinese masters, who practiced cupping along with acupuncture, believe that it removes stagnation and promotes the flow of qi, or vital life force. In terms of Western science, the flow of blood and fluids throughout your body prevents imbalances and blockages that lead to health problems.

Cupping therapy benefits those with back and neck pain, as well as other health conditions, including:

*Compressed Nerves*

Headaches

Muscle Pain

Shoulder Impingement

Limited Range of Motion

High Blood Pressure

Post Trauma

For best results, you can come to [Matrix Massage & Spa](#) up to three times a month to work on a problem area or to receive cupping therapy across your whole back. Your massage professional may suggest pairing it with another service, such as stretch or massage therapy for optimal results.

## Cupping Therapy at Matrix Massage & Spa in SLC, UT

---

[Matrix Massage & Spa](#) is conveniently located in downtown SLC. Owner [Julieta Hernandez](#) began her career as a massage therapist after watching a coworker suffer from terrible pain following an accident. Julieta decided that her “magic fingers” would be best put to use in this industry and both she and business have received numerous achievement awards over the years.

[Contact us](#) to learn more about our different packages and services, including cupping therapy. We also offer [discounts](#) to save you money.