

PRICE

Facial Rejuvenation Cupping

60 minute session focusing on reduction of lines, wrinkles, improving skin health, and chronic puffiness by draining excess fluid from the face. This "mini face lift" will leave your face feeling fresh, young, and rejuvenated! Plus an organic face moisturizer is applied for lasting results.

1 treatment-\$80

2 treatments-\$155

5 treatments-\$375

8 treatments-\$585

Cellulite Treatment Cupping

60 minute session will focus on areas of cellulite in the body. Working with negative pressure to lift tissue and smooth over lumpy areas.

1 treatment-\$75

2 treatments-\$145

5 treatments-\$360

8 treatments-\$570

Cupping Massage

Utilizing the power of negative pressure therapy lasting results can be attained in a short period of time while simultaneously detoxifying and improving blood circulation and promoting balance through the whole body.

30 minute-\$55

60 minutes-\$75

90 minutes-\$90

2 hours-\$115

*Cupping can be used to manage Fibromyalgia, migraine headaches, depression, fatigue, anxiety, high blood pressure, and neuralgia among other conditions.

Sara Odenthal



Licensed Massage Therapist

Certified Cupping Therapist



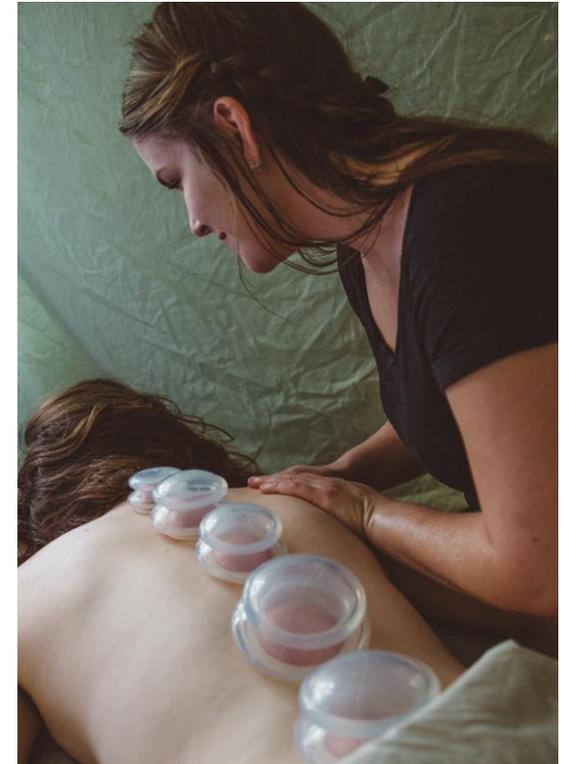
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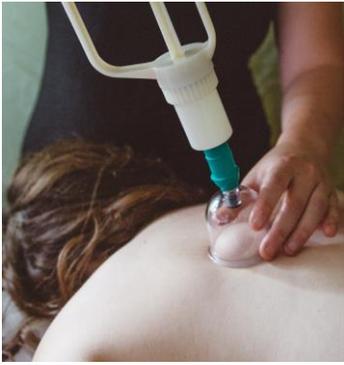
Cupping Therapy

THE ANCIENT HEALING ART



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WHAT IS CUPPING?

Cupping Therapy uses the power of negative pressure therapy to lift tissues to release toxins, stimulate the skin, circulatory, lymphatic systems, clear colon blockages, reduce stretch marks, scar tissue, and improve varicose veins.

When the cups move, Negative Pressure Massage feels really great. The pulling created by a manual pumping gun action engages the parasympathetic nervous system, thus allowing a deep relaxation to move through the entire body. It is not unusual to fall asleep when receiving this treatment. People are often surprised at how relaxed, warm and light they feel hours...sometimes even days afterwards.

A traditional time-honored treatment remaining favored by millions of people worldwide because it's safe, comfortable, and remarkably effective for many health disorders. It's the use of suction, rather than compression for bodywork ranging from myofascial release to lymphatic drainage- and everything in between.

BENEFITS

- Clears stagnation
- Draws blood and qi (vital energy) to area of injury or imbalance
- Relieves inflammation
- Facilitates drainage of stagnant lymph and blood
- Sedates the nervous system
- Expels congestion from lungs
- Detoxifies system
- Stretches muscles and connective tissue
- Loosens adhesions and scar tissue
- Sends nourishing blood to the skin
- Strengthens immune system by increasing lymph flow
- Cleans blood and balance PH levels
- Increases lymph and blood activity



AFTERCARE

Drink an abundance of clean water for at least 4-6 hours.

Avoid...

- excessive exfoliation and shaving at least 4 hours before and after cupping
- exposure to extreme cold, heat (including hot showers, sauna, steam room, baths, and hot tubs) wet, windy conditions for at least 4-6 hours post treatment
- intensive exercise for at least 4-6 hours pre/post treatment
- Limit caffeine, alcohol, sugary foods and drinks, dairy, and processed meats as much as possible.

Please note: The suction creates skin discoloration similar to the look of a hickey. The discolorations are not painful and are essential in the detox. These marks can last a few days or up to about a week.