

# CUPPING

*Meaning: Cupping is a therapeutic practice that involves creating suction on the skin to enhance healing and alleviate muscle tension.*

1. Cupping is an ancient therapy that involves creating suction on the skin to promote healing.
2. Many athletes have turned to cupping as a way to relieve muscle tension and improve circulation.
3. During the spa treatment, she felt a mix of relaxation and curiosity about the cupping technique.
4. The distinctive circular marks left by cupping often spark conversations about its benefits and effectiveness.
5. Cupping has gained popularity in recent years, especially among those seeking alternative medicine practices.

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*Source: [sentences.whatistheurl.com](https://sentences.whatistheurl.com)*

*<https://sentences.whatistheurl.com/sentence/cupping>*