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# Cup a load of Posh therapy



Does it ring true ... Nikki gives cupping a go

By NIKKI WATKINS



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Does it ring true ... Nikki gives cupping a go

By NIKKI WATKINS

Published: 20 Jul 2010

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## WALKING around with bruises covering your back is never a good look.

Or is it?

Victoria Beckham stepped out last week with purple circular bruises covering her back and joined a number of celebrities including A-list actress Gwyneth Paltrow, 37, and 30-year-old popstar Jessica Simpson in the trend of cupping.

The Sun revealed Posh is said to be using Chinese cupping therapy to ease stress and detoxify her body.

Victoria was spotted with two rows of cupping's tell-tale circular bruises on her back as she arrived in Britain last week after partying hard in the South of France.

The 36-year-old flashed the marks which are created by heated glass cups creating a vacuum and "hoovering" up the skin.

LIVEit writer Nikki Watkins went to AcuMedic, a clinic for cupping in Camden, North London.

Nikki says: "When I discovered a host of celebrities including Princess Diana have been clients here I felt in good hands.

"Unlike Posh I had not been on a bender the night before, so detoxifying was not top of my priorities, however I did fancy a de-stress from a busy life in London.

"After a chat with the Doctor about any health problems she started a tailored cupping treatment.

"The doctor explained cupping boosts blood circulation, sucks out toxins and helps the body recover from times of stress.

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lined up in the room were a number glass cups ranging in size from as big as my hand to tiny.

"As I lay on a bed the doctor immersed cotton wool balls in surgical spirits and lit them inside the cup, getting rid of any oxygen.

"The cup was placed onto my back and the lack of oxygen meant it stuck fast.

"The feeling was not unpleasant, it was a weird sensation of having something sucking on your skin and soon my back was lined with six cups ranging in size.

"I started to panic I would look battered and bruised for an upcoming wedding, so the doctor hastily removed the cups from the top of my back and laid them lower down.

"Mainly it was very pleasant, but one of the cups started to hurt as the suction got tighter and she removed it with a loud 'pop'.

"As the doctor removed the cups the pleasing 'pop' sounds left me feeling very relaxed.

"Once all cups were taken off she started running them over my back in a form of massage, I must admit this was not as nice as a normal massage, but I could feel it untangling my knotted and stressed joints.

"After the treatment the doctor showed me my back in a mirror. I was shocked by the purplish bruises, but by the time I was dressed they had faded dramatically.

"Tennis star Andy Murray, 23, has used the treatment but it was loathed by his on-off student girlfriend Kim Sears, who said it made him "look like a reptile. I don't agree.

"The first thing I noticed after the treatment was I was not feeling as bloated as normal and felt very light and relaxed.

"Three days on the circles are still there but very light, if it means I end up looking like Gwyneth I really could not care less!"

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