

TESTIMONIALS ~ CUPPING THERAPY WITH SANDRA LORY

“Sandra is a compassionate, intuitive healer, wise with years of studying plants and their healing properties. You will know you are in the hands of a gifted healer when she looks into your eyes and listens to your words and to the silences between your words. She is making a careful assessment of what will release your physical and emotional discomfort. No two of her treatments are ever the same. The herbal oils and aromas she uses relax or enliven you for the cupping. When she applies the cups the word that always comes to mind is "Ahhhhh." It is an indescribable feeling of release, as though a dam blocking a swollen stream is being removed. She has treated me for a painful pulled intercostal muscle, IBS, seasonal sadness and lethargy, grief trauma, and once just for rejuvenation. I always experience more physical and emotional ease and increased energy. Writing about this makes me want a treatment right now!” - Sandy B.

“Before my first treatment, I had only seen cupping in The Karate Kid movie (2010 version). I've tried many other modalities like massage, acupuncture, and western medicine to ease the extreme discomfort of migraines as well as neck and shoulder pains, digestive issues, and overall stress management, I was pleasantly surprised at the relief I experienced after a very short time into my treatment. The aromatherapy helped awaken my senses from the start of my session so I felt more relaxed and comfortable for the duration of the treatment. I could feel pain relief and heat radiating out of my body during cupping, particularly in the most tense parts of my body, most noticeably at the end of my session once I had been pricked. After what seemed like just minutes, I felt like I could feel an increase in my blood flow throughout my body. Regular treatments have helped ease the congestion/stagnant blood I experience in my most troublesome body parts and after a session felt extreme relaxation in my lower back and feet. For a couple of days, I continue to feel the heat radiating out of my body with increased blood flow, which also helps ease any digestion issues. Cupping is a rejuvenating experience not just physically, but mentally. If you haven't tried a cupping session with Sandra then I would highly recommend it.” - Yvonne L.

"I have been cupped by Sandra Lory several times, I feel very comfortable in her loving, caring hands. I sought this modality of healing not only for physical reasons, but also for emotional and spirit healing, in particular when I lost a loved one. She exudes an intuition for knowing what her patients need, and can perform the healing in the most empathetic way possible. I would highly recommend Sandra's cupping therapy as compliment to all healing modalities.” -Joann Darling

“Sandra was wonderful, professional and attentive to the whole body and not just the place I asked her to work on. I so appreciated the amount of integration with herbs, scents, oils, water energy and brushing. There was a perfect sequence of holistic touch, starting with the education and assessment to grounding the medicine of cupping gently and lovingly. I felt so taken care of, held in your beautiful office. The ginger compress on my lower back was divine and I am still feeling relief from it today. The cupping style we agreed on was new for me and fun, gentle and gave attention to an area I don't give enough attention to. Today my shoulders are still feeling re-adjusted to a better and more relaxed posture. I am certainly more aware of the habit I have of crunching up my shoulders and want to keep the memory of what they experienced in alignment.” - Marie Frohlich

“I've had several cupping sessions with Sandra Lory, and have found them profoundly healing. The first time, I was in bed with a lot of back pain that had come on suddenly from a fall. Sandra just happened to stop by for a visit, and when she saw I was in acute pain, she instantly went to get her 'cups'. I was familiar with cupping, as it's an age old traditional healing system, and my grandmother use to do cupping for neighbors and friends for a variety of healing purposes. Within just a few minutes of the cups being placed on several locations on my back, I felt a warm relaxing sensation. When Sandra finished the session 15 or 20 minutes later, I was completely out of pain and my back was 90% better. I actually was amazed. Since, I've had her work on me a number of times. I love the deeply relaxing feeling, the sense of things moving, and decongesting in the body. Sandra brings her own special talents to cupping, as she's not only a 'professional cupper" ~ yes, there is such a thing! ~ but also an excellent herbalist and aromatherapist. She combines her knowledge of plants, aromatherapy and herbal products to create a deeply healing experience.

I also had Sandra teach basic cupping techniques to my advanced students. I had the amazing experience of observing her cup a number of students and witnessed the profound experiences many of them had. It is wonderful to see this ancient tradition being revived, and especially to see it being incorporated into modern herbalism, as many of the old granny healers and traditional herbalists used cupping as part of their practice. Sandra is on the 'cupping edge', helping to bring cupping back as an important and relevant healing tool.” - Rosemary Gladstar, Herbalist

“It was so lovely to experience a spa and cupping party with you. You were in your element weaving through us with your herbs, oil, fresh honey and those cups. Thank you for offering a quiet time, fully relaxed and comforting. I loved that you offered of a face steam and foot bath providing us with pine and cedar, dried flowers or ginger and your gentle guidance. It was great to talk to each other with our faces smeared with honey and oats or cornmeal and let it soak in and nourish our pores. The cupping was a new experience entirely. It was an unusual sensation and a foreign experience but I trusted you and your teachers and relaxed in your hands. I would love to do this again and I would let others know how gratifying and peaceful your work is. Thank you so much.” -Jesse A.

"My guests were treated one at a time to a professional cupping treatment, while all other spa partygoers got to choose from a vast assortment of Sandra's herbs & organic products for DIY footbaths & facials! Plus there was this amazing tea none of us could stop talking about... Sandra's cupping parties definitely help you 'get your spa on' in a festive & educational atmosphere. Party was so much fun, everybody keeps talking about it. Thanks again!" -Jen D.

“My very first cupping experience quickly and rather unexpectedly became a deep and profound healing experience. As soon as I laid down upon Sandra's table I realized that something magical and ancient was resurfacing from many, many lifetimes ago that needed too be pulled up and out from my etheric body. Stuff that I have been carrying around for several centuries. Energetic waste related to trauma that absolutely did not serve me anymore-but that had become very habituated and embedded in my body-both physical and energetic. I felt as if the experience really transformed me energetically, and I feel that physically I also benefited from the cupping of the area with usually chronic sciatica, I have not had a single episode of pain three weeks out. I am looking forward to my next session.”
-Suki C.

“This winter I had bronchitis, but worse than I'd ever had previously, and seemingly resistant to all my efforts with natural self-care. What really helped, finally, were two sessions I had with Sandra Lory. The cupping was particularly helpful, not to mention one of the most pleasurable forms of "massage" I'd ever had! Imagine your muscles being pulled and stretched outwardly instead of being pushed in as with traditional forms of massage. It seemed to allow a totally new way for the circulation to flow into the areas cupped. Sandra is wise, a knowledgeable healer, intuitive, and loving. Highly recommended!”
- Deb L., Retired Midwife

“Sandra's attentive and thorough cupping style eases tension in my tendons and fascia to help my body put chronic pain the past.” - Lisa M.

“After receiving a healing cupping session with Folk Herbalist and Cupper Sandra Lory, I walked away feeling relaxed, clear and more aware. While I was being cupped, the suction felt extremely clearing for me- it felt as though someone was pulling negative energy or blockages out of my body or pulling down through the lymph allowing my body to naturally release all unwanted fluid or stagnant energy. The suction did not hurt at all! Before beginning my session, I had been experiencing an acute headache in the back of my neck and skull. I came to Sandra for a cupping service to help my circulatory system move blood and improve circulation to my hands and feet, as they are always cold. I also wanted to help clear any blockages in the reproductive organs, as I would like to increase chances of fertility. After my first treatment, I noticed immediately that my headache cleared and my feet and hands were much warmer than normal. I will absolutely keep going to Sandra to receive cupping in the future and I highly recommend her services. Sandra is simply amazing!”
- Kym R, Certified Massage Therapist, Intuitive Healer, Local Business Owner of Healing Mamas.