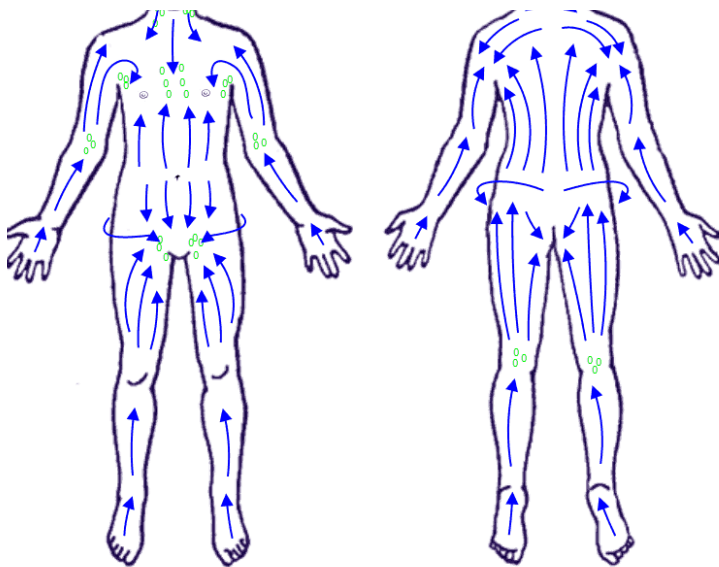
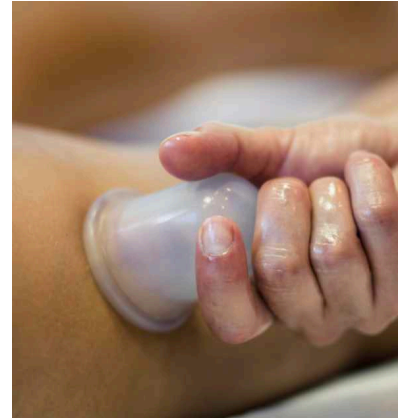


# Cupping Therapy Instructions

In a relaxed position, apply a generous amount of oil, lotion or shower gel to the area to allow cup to slide.  
Squeeze the cup in the middle, place on the skin and release.  
The suction from the release will create a vacuum and will prevent the cup from slipping off.  
Move the cup in straight up-down, zigzag and or circular movements to the area.  
Avoid leaving the cup stationary on the skin for longer than 5 seconds.  
The suction level is controlled by how much you squeeze the cup.



After massaging, drain the area by using light suction and moving the cup toward the lymph nodes. (see diagram)

The skin will turn red and you may feel a deep warmth and tingling sensation after the treatment.

Massage area 30 min 2-3x per week -or-  
Massage daily 5 min in the morning & evening. Repeat sessions until desired results are achieved.

**Note:** Cup massage may cause some bruising and may be uncomfortable in the beginning as the process of breaking down the impacted tissue occurs.

**Do not use if you have any of these conditions:**

- Areas with varicose veins (may be used over spider veins with light suction)
- Women who are pregnant
- Tumors or cancer
- Bleeds or bruises easily
- High fever

If you have any medical conditions, consult your doctor first.