

SILICONE CUPPING USER GUIDE



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Silicone Cupping Features:

Silicone cups can be used for deep tissue massage, stationary cupping, soft and gentle therapeutic cupping treatment, or anti-cellulite treatments. Silicone cupping is safe and hygienic for a variety of different treatments.

- Require neither fire nor the pump gun. Avoid the risk of burning which is some times incurred by using traditional glass cups.
- Made of platinum medical class silicone; soft and environmentally friendly non-plastic materials that are safe for people with sensitive skin.
- Super flexible and elastic that can work well in those difficult curved areas of the body, such as ankles, knees, and wrists.
- Simple to use, easy to clean. Silicone cups are unbreakable, portable, pliable, durable, and watertight.

Material:

Platinum medical grade silicone is a material that's very pure, stable, and virtually static material. Odourless, pliable, flexible, watertight, and durable. It is made of a silica backbone, without PVC, bisphenols, and phthalates. Platinum is a natural material that has feathers of insensitivity for high temperature (-60°F to 350°F), ultraviolet and chemicals.

These qualities ensure silicone cups are elastic, soft, and durable. Meanwhile, this feature of silicone made cups are easy to clean and to sanitize.



Product Functions:

Silicone cups work by stimulating blood circulation, pulling fascia, and engaging the lymphatic system, creating an effect akin to deep tissue massage. Silicone cups can also help clear dead cells and stagnation, while the blood rushing to the treated area carries toxins away.

- **Anti-fatigue**
- **Anti-aging**
- **Anti-cellulite**
- **Muscular trigger point therapy**
- **Deep tissue massage**
- **Facial massage**
- **TCM treatment**

Except common in clinic settings, these silicone cups are perfectly suited for individual use, even with minimal training. Athletes and sports enthusiasts often place cups on the muscles targeted by their workouts as part of their wind down ritual. This thereby prevents tensions and aches in the body. Office workers will also find them effective in preventing and relieving back pain. All people from different walks of life can enjoy their ability to rejuvenate the skin by smoothing out lines and lending their skin a healthy glow.

Of course, silicone cupping applications are not limited to these users only.



How to use (Application):

- Clean cups with soap at your first-time use.
- Make sure that your skin and hands are clean and dry before the treatment. If you are using cups as a part of a skincare routine, you may choose to use non-irritating exfoliants or cleansers beforehand.
- For non stationary cupping: apply moisturizers, lotions, creams or oils on the skin, without rubbing them in too vigorously. They will serve as lubricants: it is important that they cover the treatment area uniformly to provide an even, low friction surface.
- Choose the right size cup for the area, press the cup to squeeze the air out and place it on the desired treatment area. It should create suction, gently lifting the skin.
- You can adjust the cup's suction level based on the individual's preference. You may feel a very light pinch or a sensation of tightness, but it should not be painful: pain is an indication that you've squeezed the cup too hard, and you should remove the cup immediately.
- For optimal use, try pushing out all the air from the cup, and make sure that no air enters into the cup during the treatment, as it may fall off.
- After the treatment, thoroughly clean with soap and disinfect the cups if it's for personal use.
- Wash them with warm, soapy water to get rid of the residue if it is used with oil.



For flash cupping

Remove the cup after 5 to 10 seconds and repeat step 3 until you've used the cup on the majority of the surface area.

Stationary cupping

- Squeeze the cup and place it on the area of the body that you wish to treat.
- Leave the cup on for 10-15 minutes. Adjust the degree of suction as needed
- Remove if the cups become uncomfortable, or if swelling or pronounced redness occurs.

Massage cupping

- Apply massage oils on the treatment area, making sure to coat the skin uniformly and evenly.
- Squeeze cups gently to create tension and glide the cup across the treatment area, moving from the furthest area towards the heart. Use large, sweeping motions.
- Massage the area for 5-10 minutes.

Facial Cupping

- Choose the right size cup for the area, then squeeze it and place it on the skin.
- Gently lift the cup by a millimetre or two, creating a tension, then slide it in even, slow motion across the treatment area. Repeat until you've massaged every centimeter of the area. For optimal effects, move away from the nose, with the lymphatic system, in a slight upwards arc.
- After above, gently massage the treatment area with your hands or with a silicone brush for a few seconds, and then the treatment is over!
- You may want to gently wash your face with water, as the cups can lift out dead skin cells from your pores; if you've already used a cleanser beforehand, simply pat down the excess oil or lubricant.
- The pressure should be enough to activate some blood circulation but should not be intense enough to be uncomfortable.

*****You may feel a very light pinch or sensation of tightness, but it should not be painful. Pain is an indication that you've squeezed the cup too hard and you should remove the cups immediately.**

Benefits of cupping therapy:

- Relieve physical and mental stress: cupping helps relax tense and sore muscles and thus diminish symptoms of insomnia, mood swings, anxiety and depression.
- Detoxify the body: by increasing blood flow and improving circulation, cupping therapy clears dead cells and improves stagnation while carries the buildup of toxins inside the body away.
- Alleviate cold, cough, and allergy symptoms: cupping therapy stimulates the lungs and other vital organs to clear out the excess phlegm (the root cause of coughing and cold) and speeds up the process to relieve colds, coughs and other allergy symptoms.
- Provide anti-aging effect: cupping therapy is effective not only in relaxing tense facial muscles, but also in reducing wrinkles and bringing more nutrients to the skin by stimulating tissues under the face's skin.
- Open the meridians: cupping increases blood circulation of the area where the cups are placed, allowing life energy flows freely throughout the body and creating new blood vessels in the tissue.

What difference between contour shaped cups and bell-shaped cups?

Contour cups have thinner edges than bell-shaped cups, it allows you to feel more deep tissue massaging or Gua sha effort; Contour shaped cups fit hands holding more. Bell-shaped cups have thicker edges, better for some sensitive skin conditions sometimes.

What is the difference between sizes of cups?

Basically, large size cups are more effective working on the back, low back, legs—large parts of the body. Small sizes are better for working on neck, arms, joints. However, different users have their different preferences.

Long facial silicone cups are recommended for use on the face and neck.

Mini silicone cups are recommended for use on face and eyes.



Cleaning Instructions:

As with any medical equipment or skin care products, properly cleaning these cups is essential, for ensuring that the cups will remain safe, hygienic and durable tools.

If you have used the cups with oil, you can wash them with warm, soapy water to get rid of residue. Rinse with water. Cleaning cups with soap or disinfectant is also appropriate if the cups are only for personal use.

Professional sterilization is usually done by immersing cups in a bleach solution to disinfect them. We recommend using 9 parts water, one-part bleach (solution 10/1) and soaking them for 2 hours. The officially recommended proportions and immersion time vary region according to different Professional Orders' standards. Consult your local association for more detailed instructions.

Caution:

Do not use on fresh cuts, bruises, or other injuries, as well as on sunburns, deep scars, rashes, or otherwise irritated or damaged skin. Consult a practitioner if you are interested in traditional Chinese medicine treatment; do not attempt to practice TCM on yourself without training. Disinfect and wash before first-time use. Keep out of reach of children.

**Cupping may cause skin discoloration and irritation. It may leave purple marks or circular bruises on the skins. These marks may begin to fade after several days or remain for two to three weeks. Infection is sometimes a risk after cupping.*

Cupping may also cause pain, swelling, burns, dizziness, light-headedness, fainting, sweating, skin pigmentation, water blister and/or nausea. Customers who buy cupping product should be aware of this.

Silicone cupping set should ONLY be used for their intended use. Improper use can cause discomfort and injury. Please consult your healthcare practitioners if you have health concerns and not sure if you are eligible to use cupping.

Any damage or injury from improperly usage will not the responsibility of distributor of Lierre.ca