



HAND & STONE[®]
MASSAGE AND FACIAL SPA

Decompression Therapy

TRAINING MANUAL

.....
DECOMPRESSION THERAPY
..... TRAINING MANUAL



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What is Cupping Therapy

Cupping Therapy is an ancient Chinese method of creating healing in the body through negative pressure by means of suction. The main principle is to create a surge of blood flow underneath the cup, to an area of disease. This action stimulates white blood cells, pain relief receptors and localized healing.

How is the Bellabaci Method used In-Spa?

Cupping has also been found to affect the body up to 4-10 cm into the tissues, causing tissues to release toxins, activate the lymphatic system, clear colon blockages, help activate and clear the veins, arteries, and capillaries, activate the skin, clear stretch marks and improve spider veins. Cupping is probably the best deep tissue massage (myofascial release) available.

Many spas around the globe offer the Bellabaci Method as an alternative, for its advanced healing and ultimate relaxation properties. The Bellabaci Method focuses on massage/movement cupping. The Bellabaci Method is a combination of hands and cups and can be incorporated into any massage as a targeted treatment or as its own standalone service. Treatment regularity can vary depending on the condition being treated and the depth of suction used. The cup is always used in-between full hand-contact on the body, to allow the client to experience physical touch and the healing benefits of the cups. The coverage-sensation is much like a four-hand massage. The Cupping Massage technique is very useful and very safe and can be easily learned and incorporated into the spa.

Do ensure to apply one of our Bellabaci Genie oils under the cup for the ingredient benefit and to lubricate the skin.

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Equipment Development

Interestingly, the decline into obscurity of natural healing, that the 20th century brought also stimulated an increase in cupping device inventions. Medical supply companies carried cupping sets well into the thirties and forties. The modern breast pump evolved from the medical use of cups for lactation difficulties. Modern spa equipment for the treatment of cellulite evolved from earlier medical models. With modern cupping therapy, glass cups are suctioned onto the skin using an ignited cotton ball to create heat and vacuum.

The latest edition is the Bellabaci cup, in which we use a flexible material for the comfort of the client and the therapist, it eliminates any danger of burns or injuries and vacuum is easily controlled. It differs from traditional cupping, as the Bellabaci cups are not stationary, the movement allows the benefit of cupping and massage to be combined, eliminating the chance of cup kisses.



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Different Forms of Cupping Therapy

1. Weak (Light Cupping) – the amount of tissue drawn up into the cup should be minimal and hardly raised. Perfect for initial treatment for blood and energy stagnation.
2. Medium Cupping – Tissue is well pulled into the cup, with a slight formation of redness inside the cup.
3. Strong Cupping – Tissue is pulled deeply into the cup, turning first red and then purple. Necessary to remove disease and pathogenic activity in organs. 5-10 minutes is recommended.
4. Movement Cupping (Massage) – Tissue pull should allow free movement of the cup without the discomfort of the client. The client may feel very tired and depleted after the treatment and rest is advised.
5. Light-Movement Cupping – Tissue minimally pulled into a cup and moved. Recommended for lymphatic drainage and sensitive clients
6. Needle Cupping – Needle application direct on injury site, cup placed over. Painful and should only be practiced by qualified Acupuncturists.
7. Moxa (Hot Needle) Cupping – Moxa roll (paper type) is attached to a needle inserted in the injury site, lighted with a flame to heat the needle, then extinguished and the cup is placed over the injury site. Should only be practiced by qualified Acupuncturists.
8. Empty (Flash) Cupping – 12 Cups are used in the problem area. Start placing cups, as soon as the last cup is placed, start removing from where cups were placed initially. Repeat 5-10 times. The method is recommended for children or the elderly.
9. Full (Bleeding/Wet Cupping) – This is the purging of diseased blood. The skin on the problem area is punctured with a cup placed over the area. Pain carries risk factors and should only be practiced by qualified acupuncturists.
10. Herbal Cupping – Requires bamboo cups which are boiled with choice of herbs for 30 minutes, slightly cooled and then applied to the skin. May cause blistering and should only be practiced by qualified acupuncturists.
11. Water Cupping – Cups are filled with warm water and quickly placed so no spillage occurs. Useful in the treatment of lung diseases and phlegm. This method is the least popular of all as a very skilled practitioner is required. Should only be administered by qualified acupuncturists.



Hand and Stone only allow the use of forms 1,2,4 &5 in our services. This is a safe and easy way to perform and effectively approach clients' concerns. Your clients can still feel relaxed and comfortable.

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How does it work?

- Vacuum suction / negative pressure is created.
- This allows blood flow to the area from the arteries to the capillaries (from up to 10 cm deep).
- Nutrition and oxygen reach the area.
- Detoxification occurs as the cells expel waste material and excess fluid.
- The Negative pressure draws the blood from capillaries and then returns via the veins to be cleansed, and de-oxygenated blood cells are disposed of.
- Creates a small inflammatory response that activates the body's chemical mediators to promote healing.

Summary:

- Cupping massage is a modified and simplified version of the ancient cupping therapy.
- The Bellabaci silicone, hand squeezed vacuum cups, create suction on the body's surface.
- We work with NEGATIVE pressure and move the cups in a slow relaxing massage technique.
- Cupping massage drains excess fluids and toxins, loosens adhesions, lifts the connective tissue and brings blood flow to stagnant muscles and skin.
- The pressure of the cups can be adapted to provide light massage, lymphatic drainage, and deep tissue massage.
- Blood flow is also enhanced to the organs which supports health and wellness.
- This complements many health modalities ranging from spa treatments to medical massage.
- Cupping Therapy is well-known for its excellent healing results.



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Cupping and the Inflammatory Response

In sites of injury, pathogenic activity and stagnation, when left untreated, can cause the inflammation to become hardened. This causes a build-up of toxic substances and cellular waste which is usually followed by the suppression of neutrophils and leukocytes (white blood cells) that further decrease disease detection. By applying cups to the area, new inflammation is triggered, thereby causing a fresh influx of white blood cells to eradicate any form of problem-causing factors.

Inflammation (Latin, inflamatio, to set on fire) is the complex biological response of vascular tissues to harmful stimuli, such as pathogens, damaged cells, or irritants. It is a protective attempt by the organism to remove the injurious stimuli as well as initiate the healing process for the tissue. Inflammation is not a synonym for infection. Even in cases where inflammation is caused by infection, the two are not synonymous: infection is caused by an exogenous pathogen, while inflammation is the response of the organism to the pathogen.

In the absence of inflammation, wounds and infections would never heal and progressive destruction of the tissue would compromise the survival of the organism. However, an inflammation that runs unchecked can also lead to a host of diseases, such as hay fever, atherosclerosis, and rheumatoid arthritis. It is for that reason inflammation is normally closely regulated by the body. Inflammation can be classified as either acute or chronic. Acute inflammation is the initial response of the body to harmful stimuli. It is achieved by the increased movement of plasma and leukocytes from the blood into the injured tissues. A cascade of biochemical events propagates and matures the inflammatory response, involving the local vascular system, the immune system, and various cells within the injured tissue. Prolonged inflammation, known as chronic inflammation, leads to a progressive shift in the type of cells which are present at the site of inflammation and is characterized by simultaneous destruction, and healing of the tissue from the inflammatory process.



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Extra Features of Cupping Massage

- Creates a pumping action which assists to propel the lymphatic system.
- Circulation is immediately stimulated to the area; the skin gets warm and the metabolic processes increase.
- The skin cells and pores are deeply cleansed and open up to the negative pressure which will allow for REVERSE OSMOSIS = better product penetration.
- Always use the best natural products with active ingredients for maximum results.

A Word on the “Cup Kiss”

- Where there is dead, static blood, lymph, cellular debris and toxins present in the body, cupping can leave marks which indicate that stagnation has been moved from the deeper tissue layers to the surface, allowing freshly oxygenated blood to nourish the underlying area.
- In many countries - this is a non-issue; they’ve experienced themselves the amazing detoxifying effects suction therapy can provide. But in some industrialized countries, where Allopathic Medicine has overshadowed the more holistic, natural approach these surface discolorations are misinterpreted as damage rather than the result of stagnation being drawn to the surface.
- Westerners also live in an image-conscious society that has a heightened sensitivity to domestic abuse ...without sufficient understanding, some people are unnerved seeing this after effect.
- If a cup is left in one area too long, a temporary “cup kiss” can occur. Exercise care, to not leave unsightly marks on clients. If you are concerned and not sure use extra caution.

**We recommend starting with light to medium cupping for short treatments.
And no “Kisses” PLEASE!**

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Is the Cup Kiss a Bruise or Ecchymosis?

Many debates occur over the fact if the cup mark is a bruise. Let's look at the definition of a bruise from the English medical Dictionary (P.H. Collin 1987): "It is a contusion or dark painful area on the skin, where blood has escaped under the skin following a blow". Ecchymosis is explained as local leakage of blood into the skin from the capillaries by pulling, in this case from negative pressure, and it is painless. It is also not due to a blow or injury. Bruises also fade to a yellowy-green color, whereas ecchymosis just fades away without turning another color.

Stagnation and its Effects

Where there's stagnation, there will be a pain. Remove the stagnation and you remove the pain.

Types of stagnation:

- Blood Stagnation – Injuries, adhesions, menstrual irregularities
- Stagnant Toxins – Gastrointestinal disorders, rigid muscles, breast inflammation
- Qi Stagnation – Muscular pain, pinched nerves
- Fluid Stagnation – Lung congestion, asthma, lactation dysfunction

The suction created by the cups draws stagnant toxins, heat, energy or fluid out of where it has accumulated and brings it to the body's surface. Once under the skin, the offending culprit can more easily be eliminated via the body's waste removal systems. Once an adhesion or congestion is pulled away from its source, fresh blood, energy, and fluids rush in to expedite healing.

The Bellabaci Massage

Bellabaci is a slow and relaxing massage in which we use the Bellabaci massage cups to help the body detoxify. The technique combines deep tissue, Swedish and lymphatic drainage massage to reach ultimate healing in shorter times. It is similar to the action of fomentations / hot compresses but has a much better effect with much greater results. Bellabaci massage is not an irritant to the skin or the body. It draws inflammation out but does not add to it. The physical action allows for muscle spasms to be released and eases tension in the body while stimulating the immune system.

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How will the Bellabaci Massage benefit you?

You will discover there will be less stress and strain on your own body and wrists during the massage. You will discover faster, better results and possible solutions to old ailments. The treatments can be tailored to suit any massage routine. No machinery is required so noise-level is low, and this creates a peaceful relaxing session. The cups cannot break or create a risk of scarring, they offer all the benefits of traditional cupping, without the drawbacks. The cupping massage technique is so easy to learn! Your clients will enjoy this soothing, yet therapeutic modality.

How does Bellabaci Massage feel?

People often experience the deep warmth and tingling sensation long after the treatment has ended. The effects on the nervous system are very sedating and people will often descend into a profound state of relaxation. The skin in the area that was worked may turn red due to stimulation, it indicates an intense stagnation of body fluids and toxins in that area. This is not a bruise and will dissipate with a hot compress.



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Bellabaci massage is very simple but its effects are dramatic

Our health and well-being (immune system) rely totally on the movement of blood, Qi (energy) and body fluids (hormones, lymphatic fluid, etc). Oriental Medicine teaches us that all pain is due to stagnation of these systems. Due to the wonderful pulling power that the cups offer, the technique is dramatic in its reduction of pain and hence our feeling of well-being. This stagnation can be a result of injury, stress, a lack of blood, Qi, or even an invasion of cold in the body and joints. After a very short time, the client will start to feel the warmth and a reduction of pain. It is used in beauty therapy based around promoting hormone production, encouraging blood and body fluid movement in the bowels and internal organs, thus removing harmful toxins that speed up the aging process and cause other conditions. Real holistic and beauty therapy should be focused on balancing all aspects of the body. Wrinkles are primarily caused by individual cells degenerating due to age or too much sun.

Oriental Medicine teaches us that kidney weakness speeds up the aging process leading to dry, damaged hair, early graying or loss of hair. This imbalance in ladies also shows itself in the early signs of menopause with hot flushes, night sweats, and dry skin. Consequently, by applying just external lotion to the skin area or hair you are dramatically letting your client down by not accessing the root cause.

Enhance Product Penetration

How does it work?

As therapists we recommend the best topical product, to suit our client's needs. Used in conjunction with a Bellabaci Cupping Massage, you will increase the efficiency of the product's benefits as well, leading to better results.

- Opens up the pores for deeper product penetration.
- Through the process of reverse osmosis, products enter the interstitial fluid faster, thereby entering the blood circulatory system and transporting the active ingredients straight to where it is needed.
- Speeds up microcirculation, heating up the product which decreases the molecular size, enhancing uptake of all that the product offers.

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Oil color changes during Cupping Massage

You will find during your cupping massage that the oil you are using may change in color. The color could change from a milky color to grey, black, brown or even a greenish hue. This is normal where there is a toxic build up, due to too much lactic or uric acid. We should strive for a more neutral or alkaline pH as acid build-up leads to stiffness, spasms, immobility and has even been linked to cancer. Due to the impact cupping massage has on the body, it pulls out toxins from the tissues bringing immediate restoration and relief.

We recommend keeping a towel near by to “blot” your cups on, not only to show your client the effectiveness of the treatment but also to make the client aware that there is a problem that needs dealing with that may warrant ongoing sessions. With each treatment the toxin expulsion color becomes lighter, again proving the progress and intense healing of your treatment.

Benefits of the Cupping Massage

The suction reaches up to four inches into the soft tissue, attachments, and organs. It pulls out toxins and inflammation from the body to the surface of the skin where the lymphatic system eliminates them. Once an adhesion or congestion is pulled away from its source, fresh blood, energy, and fluids rush in to expedite healing.

Actions and Benefits of Cupping Massage on the various body system

The Circulatory System

- Clears stagnation and expel congestion.
- Clears drainage pathways and drains lymph fluid.
- The lymphatic circulation improves by 300% for the period of 8-12 hours.
- Promotes nourishing blood supply.
- Improves lymphatic drainage.
- Helps to reduce cellulite and aid in prevention.
- Improves sluggish circulation.

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The Muscular and Skeletal System

- Aids in pain relief and decreases inflammation.
- Dredging and clearing toxins and old residue out of muscles and soft tissue.
- Release deep muscular tissue tension.
- Increase the range of joint movement.
- Stretches muscles fibers and connective tissues post-workout.
- Loosens adhesions and spasms.
- Promotes optimal blood flow to muscle joints and tissues.

The Skin

- Provides anti-aging – from the inside out.
- Nourishing blood supplies to the skin and increases its suppleness.
- Strengthens renewing power & its resistance to harmful conditions.
- Helps firm loss of skin elasticity.
- Helps with pre-surgery prepping and post-surgery recovery.
- Improves and softens scar tissue.
- Lessens the appearance of stretch marks and clears broken capillaries.
- Improves skin tone and texture by gently stretching the fibroblast cells, stimulates them to produce better quality and quantity of natural collagen and elastin.
- Enhances product absorption.

Indications for Cupping Massage

- Muscle Spasms, sprains and strains
- Fibromyalgia
- Cellulite and hard fat mobilization
- Migraines or Headaches
- Fluid Retention
- Detoxification
- Poor Circulation

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- Loss of skin elasticity i.e. upper arms
- Spider Veins
- Regulation of autonomic nervous system
- Insomnia and stress
- Decreased energy and adrenal fatigue
- Tissue and joint inflammation
- Tired, sore and overworked muscles
- Arthritis, Rheumatism, Osteoporosis and Carpal tunnel syndrome
- Back pain and Sciatica
- Scar tissue and Stretch marks

Contraindications to Cupping Therapy

- Hernias
- Slipped disc
- Pregnancy
- Cancer (minimum remission of 5 years)
- Blood disorders
- Weak, ulcerated or broken skin (localized)
- Varicose Veins, Phlebitis
- Renal failure or history thereof
- Cirrhosis of the liver or history thereof
- Heart disease or history thereof
- Uncontrolled High Blood Pressure
- Energy depleted or fasting clients
- Clients on blood thinning medication (anticoagulants) and history of Thrombosis

Please note:

Cupping therapy does not replace any medical treatment your client may be on. Do not advise your client to stop any medication and let him/her always check with the advising medical doctor if the treatment will be safe and not interfere with any further medical treatment. Remember, safety first for your clients and for your reputation.

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Precautions and Care

Take care with:

- Young or old clients
- Low blood pressure
- Never work over major veins, arteries or lymph nodes
- Use Light pressure/suction over the kidneys

Pre-Care:

- No aggressive exfoliation that can scratch the skin
- No exercise just before the treatment
- No sauna or steam room for 10 min prior to cupping massage

Post Care:

- Stay away from excessive heat for approximately 10-20 min following Cupping Massage
- No exercise or exertion
- Drink plenty of water to maximize detoxification
- Wear a light jacket and keep the body warm

Client Care

Please note:

Always ask the client if the pressure is uncomfortable in any way. Almost all areas of the body may be worked on, including the neck, shoulders, middle and low back, and sacrum. The hips and thighs require a gentler suction. Watch closely to determine the circulatory reaction and adjust the suction as needed. It is a good idea to start with a medium to light pressure and increase slowly. Marks may occur with very strong cupping - and while this may be considered beneficial in Traditional Chinese Medicine, this is usually not the way to send a client home from her massage. Be sure to acquire proper training and then practice on family, friends, and co-workers before working on clients.

Remember that the intensity of the Bellabaci massage depends on which cup you are using – the blue cup is more intense than the clear one, the tighter the squeeze on the cup the more vacuum is created once released on the skin. Should the skin turn very red (usually problem area) warn your client and

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receive their agreement to proceed with the cups. You can always discontinue using the cups and proceed manually. There are additional safety considerations to be aware of when integrating cupping into your practice. Most of them are common sense, yet ought to be seriously considered. This is one of the greatest reasons to acquire adequate training before starting to work on clients.

What is the Lymphatic System?

The lymphatic system is often referred to as the “body’s line of defense”. The role of this system is extremely valuable in supporting the immune system and the regulation of interstitial fluids.

Description of main functions:

1. Defending against invading organisms. (Removes and destroys waste, cellular debris, pathogens, toxins, and cancerous cells.)
2. Restores excess interstitial fluids and proteins to the blood.
3. Absorbs fat and fat-soluble vitamins from the digestive system and transports them to the venous circulation. (Aids in delivering other nutrients to the cells of the body)

Where does Lymph fluid originate?

Lymph is a high protein clear to yellowish colored fluid. It flows between cells. Originating as the plasma fluid in blood it delivers nutrients, oxygen, and hormones to cells. Once the fluid leaves the cells it picks up waste products and nutrients. 90% of this fluid empties into the small veins of the venous system. The extra 10% left behind is known as lymph fluid.

Organs of the Lymphatic System

Organ Function

- Lymph contains nutrients, oxygen, hormones, fatty acids, cellular waste products and toxins from cellular tissues.
- Lymphatic Vessels Transport system runs in one direction, from peripheral tissues to veins in the cardiovascular system.
- Lymph Nodes monitor the lymph composition, aid in identifying and engulfing pathogens on site, and regulate the immune response.

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- Spleen monitors blood components, identifies, engulfs and eradicates pathogens, regulates the immune response.
- Thymus site of T-lymphocyte supports development and control.

The Journey of Lymphatic Circulation

Lymph fluid moves throughout the body in its own vessels on a one-way path from interstitial spaces to varied filtering areas (nodes) and drainage areas. The lymphatic system relies on muscular movement and joint movement to create the continual flow of fluid in the body.

When fluid leaves the tissue, it enters the lymphatic capillaries. 70% of these capillaries are superficial, close to the surface of the skin. All remaining capillaries are known as deep lymphatic capillaries which mostly surround organs. Lymphatic capillaries join larger deeper structures call lymphatic vessels. The vessels have valves within them to prevent a back flow and move to lymph nodes. There are approximately 600 -700 lymph nodes placed superficial and deep within the body.

Lymph nodes act as filtering centers. Once the lymph fluid moves into the nodes the filtering begins. All destructive cancerous cells and other pathogens are destroyed unless the system becomes overwhelmed.

From the lymph nodes, the fluid drains into two unequal drainage sites on the body:

- Right Drainage Site – clears right arm and chest
- Left Drainage Site – clears both legs, left arm, lower trunk and left upper chest

Lymphatic & Lymph - Conditions that disturb Lymphatic Flow

- Age – system falters resulting in slight to moderate swelling
- Trauma or damage – due to injury or surgery, results can develop secondary lymphedema
- Primary Lymphedema - a person is born with a weakened lymph system
- Cellulite

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Bellabaci Cupping and the Lymphatic Systems

A Massage Method to Support Lymphatic Drainage and Cellulite

Once it is understood how the Lymphatic System works and the effects on the human body you can begin to appreciate the use of Bellabaci cupping. When lymph tissues and nodes have been damaged, destroyed or removed it disturbs the delicate flow of lymph fluid in the body resulting in the characteristics of swelling.

It is well known that MLD (manual lymph drainage) supports the flow of fluid and reduces the amount of swelling. This technique stimulates and encourages the freedom of lymph fluid to move in its normal pathways. This simple manual movement to stimulate lymphatic chains to be open and receive the fluid can be used during a cupping session. As you begin the cupping method, direct the cup movement in the direction of the heart to move lymph flow to the chains you are assisting to in the body.

This same idea helps to support the detoxifying effect on those areas that have developed cellulite. Again, stimulation of the lymphatic chains and cupping directed to that lymph chain area relieves the toxic build up creating the cellulite effects. Please note that this is not a cure for cellulite when the root cause is due to a faltering lymphatic system. It does, however, offer extreme support if done regularly and the results will be quite pleasing to the client. Other support for conditions of cellulite in relationship to a weakened lymphatic system can be herbal and naturopathic supplements prescribed by the appropriate provider.

Self-Care

When considering the effects of cupping on the lymphatic system it is easy to comprehend the value of cupping as a self-care addition. Instruction and demonstration to clients with the availability of a take-home product brings value to your work and clients will be very happy to see they have a tool to help them on a regular basis between appointments.

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The Bellabaci Cupping Massage Range

The Bellabaci Super Cups

- Bridges the gap between the Soft and Hard Body Cups
- Indicated for larger areas such as back and thighs.
- Provide even faster results.
- Covers a large area in a short amount of time.
- Available in MEDIUM strength.
- Excellent choice for Men's backs as it feels wonderful and works deep into the tissues.

The Bellabaci Body Cups

- Available in Soft and Hard strength.
- Always start with Soft Cup, even just to drain lymph and to prepare the tissues. (see it as a warm-up)
- Body Cups can be used with ease anywhere on the body.
- To use, squeeze in the air, set down and glide. No need to keep squeezing the cup.
- Ensure you have applied enough oil to facilitate movement.
- Excellent choice for Men's backs as it feels wonderful and works deep into the tissues
- Note: Start with a light squeeze to drain lymph before increasing suction for a deeper treatment

Caring for your Bellabaci Cups

To ensure that your cups last, wash with a disinfectant liquid soap after each use. If the cup is left to stand with oil on, it will harden, so prompt washing after treatment is recommended. No bacteria, fungus or virus can proliferate on silicone, but basic hygiene is required for top client care.

Do not use any mineral oil or mineral oil containing product with your Bellabaci cups, as minerals degenerate silicone. Also, take note of seasonal changes in temperature or if you use air-conditioning, as too hot or too cold will affect the pliability of your cups. They will become harder in cold temperatures and softer in warmer temperatures. To combat this, place them in hot water to make them softer or put them in the fridge for a few minutes to make them harder.



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The Bellabaci Genie in a Bottle Range

Product Philosophy:

Aromeopathy-homeopathic aromatherapy is the unique combination of essential oils, carrier oils and homeopathic ingredients which synergize to create powerful, natural, pure energy treatment oils that enhance & rebalance health and well-being. Our products contain the finest quality natural ingredients sourced worldwide, free from any chemical pesticides & herbicides. All products contain a high level of active ingredients with no added colorants, preservatives or mineral oil.

How it works:

- Essential oils stimulate the penetration of homeopathic remedies through the skin & mucous membranes to activate the cell receptors.

Benefits of Homeopathic Aromatherapy:

- Addresses cellular detoxification, promotes excretion of heavy metals accumulated from environmental pollution, improves blood circulation, assists lymph drainage, increases oxygen supply to the tissues, stimulates the immune system and enhances skin texture, tone, and elasticity.
- Pre-blended, no emotional or physical burn-out, it is a self-regulating therapy whereby the energy level of the client and the therapist remains the same while the homeopathic ingredients decrease the possibility of an allergic reaction to essential oils.

Same formula - 3 Different consistencies:

We have formulated our award-winning Genie formula into 3 textures. This ensures ease of use for its intended use, namely:

- The No-Mess Genie Oils for retail are available in a 4 oz. size. The oils are a good lubrication for use with the Bellabaci Cups for at home use.
- The Genie Pure Essential Concentrates are available in 15 ml and 50 ml dropper bottles. Use this perfectly balanced synergy instead of carrying many bottles of essential oil.

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The Genie in a Bottle Concept

- Fractionated Coconut Oil
- Luxurious African Indigenous Vegetable Oils
- Prestige Topical Homeopathic Remedies
- Wild Crafted Aromatic Oils
- Infused with Vibrational Frequencies
- Non-Staining and no rancidity factor as seen with grape seed/ almond oil
- Protects the energy field of therapist and client
- Superb lubrication for use with the Bellabaci cups
- Innovative texture and feel: Oil lotion in a no-mess formula
- Unadulterated Ingredients from ethical fair-trade sourcing
- Not tested on animals and vegan
- Free of parabens, preservatives, synthetic ingredients, and water-soluble

How to test the principle of Homeopathy

- If a person is absolutely healthy while cutting an onion, or coming into contact with the fumes of a raw onion, the symptoms are similar to what we expect from a person who suffers from a respiratory allergy or flu (raw feeling or itchiness in the throat, burning eyes and an acute watery discharge from the nose.)
- If an ill person comes into contact with the fumes of an onion the opposite symptoms will occur; easier breathing, uncongested eyes and nose, relief from a headache etc.
- This means that the symptoms caused by the illness can be treated by homeopathic medication from the medicinal properties of the onion.
- The greater the similarity we can find between the activity of the remedy compared to the symptoms of the patient, the greater the response will be from the patient with similar symptoms.

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Hello Body Mechanic (A&P) Genie

Formulated to relieve discomfort and increase the body's natural healing capabilities. Addresses all aspects related to pain and injury such as inflammation, trauma, post-surgery recovery, sprains, strains, spasms, nerve related and removal of pressure-causing congestive fluids. Renders support to compromised capillaries to heal bruising and speed up the removal of cellular by-products caused by injury or stress. The psychological properties of this Genie assist with restoring vitality and optimism and dispelling melancholy traits which are important for those experiencing pain.

Main Ingredients:

(VO) Coconut, Arnica Montana, Black Cumin Seed, (EO) Katafray Bark, Eucalyptus Leaf, Lavender Spike, Marjoram, May Chang Fruit, Peppermint Leaf, Wintergreen Leaf, (HP) Arnica Montana, Potassium Hydroxide, Nux Vomica, Ruta Graveolens, Rhus Tox, Marigold Flower, Black Cohosh Root, Witch Hazel Leaf

Benefits:

- Relieves pain and inflammation
- Treats stiffness and immobility
- Breaks down toxin activity leading to muscular spasms
- Prevents and treats headaches & migraines
- Combats cramping of the abdomen and uterine wall (menstrual pain)
- Comforts and soothes
- Aids in Restless leg syndrome
- Speeds up healing after trauma, surgery or injury
- Relieves effects of strains and sprains
- Expels pressure-causing fluids
- Calmative and reduces stress-related discomfort
- Remedy for neuralgia and sciatica
- Promotes healthy blood flow and lymphatic drainage to and from tissues

Matching Pure Essential Concentrate: Muscle Support Indicated for body treatments

DECOMPRESSION THERAPY

TRAINING MANUAL

The Skin Get a Life Genie:

This innovative formula is rich with anti-oxidants, vitamins and essential fatty acids to repair protect and regenerate compromised, damaged or irritated skin. Deeply balances moisture and oil levels while addressing the effects of aging and pollution exposure. Lessens the appearance of scars and stretch marks and restores skin resilience and elasticity to prevent future damage. Works of a psychological level to combat negative emotions induced by loss of skin tone and its effects on self-esteem and positivity.

Main Ingredients:

(VO) Coconut, Argan, Baobab, Rosehip, (EO) Carrot Seed, Clary Sage Leaf, Geranium Leaf, Mandarin Peel, Neroli Flower, Bitter Orange Peel, Patchouli Leaf, (HP) Daisy, Calcium Fluoride, Pennywort, Hydrofluoric Acid, Witch Hazel, Silica, Mustard Seed

Benefits:

- Reduces and improves the appearance of stretch marks and scar tissue
- Restores skin elasticity
- Improves texture and tone of skin and underlying tissues
- Anti-aging and wrinkle reducer
- Increases cell turnover and cell metabolism
- Restores water and oil balance
- Nourishes deeply
- Healing effect on conditions such as psoriasis, eczema and contact dermatitis
- Stimulates formation of healthy collagen and elastin
- Skin protector against the elements
- Cumulative results in regeneration

Matching Pure Essential Concentrate: Renew Indicated for face and body treatment.

DECOMPRESSION THERAPY

TRAINING MANUAL

The Circuflow Genie

Formulated to stimulate and strengthen the body's natural healing processes to promote holistic health and wellness. Circuflow supports the balancing of blood circulation, hormonal activity, venous, arterial repair, as well as lymphatic drainage. It is an uplifting remedy for the emotions and has an energy boosting effect. The oil reduces stress and its related hormone production of cortisol. It stimulates metabolic functions to enhance wellbeing and mental capabilities such as memory and attention span.

Main Ingredients:

(VO) Coconut, Cape Chestnut, St John's Wort, (EO) Bay Leaf, Bergamot Peel, Cape Chamomile Leaf, Cedarwood, Cypress Needles, Juniperberry, Lemon Peel, Lime Peel, Rosemary Leaf, (HP) Honeybee, Arnica Montana, Daisy, Pennywort, Horsetail, Witch Hazel, St John's Wort, Butcher's Broom

Benefits:

- Improves blood circulation
- Speeds up the lymphatic drainage
- Strengthens immunity
- Repairs and protects compromised capillaries
- Prevents Spider and Varicose Veins
- Aids in balancing blood pressure
- Positive effect on metabolism
- Assists in toxin removal
- Reduces stress and its by-products
- Energy boosting and tonic effect
- Combats fluid retention
- Restores Venous insufficiency and resilience
- Powerful healer (bruising)
- Repairs tissue and skin fragility



Matching Pure Essential Concentrate: Revive Indicated for face and body treatment

DECOMPRESSION THERAPY

TRAINING MANUAL

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