

1. FEATURES:	QTY	SIZE
This Vacuum Cupping Set features:	1	3.6 CM
	3	4.5 CM
Large Cups for use on larger areas	4	5.3 CM
Small Cups for use on smaller areas	6	6.2 CM
	6	7.0 CM
	4	7.8 CM

2. MAINTENANCE AND STORAGE

The product should be stored in dry, ventilated and cool place.

CUPS:

- Prevent the cups from being dropped, squeezed or scratched.
- Keep the cups clear and clean.
- Make sure the rubber plug connect to the cups firmly. If it is displaced or loosen, adjust it by hand.
- After use, clean the cups with disinfectant, alcohol, or with antimicrobial soap and warm water by hand. Never soak, boil or heat-treat the cups.

3. STRUCTURE:





4. CAUTION:

-Time of cupping shall be appropriate so as to avoid

- skin blistering or other undesired outcomes
- Do not use unless you are willing to bruise
- Do not use on irritated or sensitive skin
- After cupping, do not scratch the skin
- The cupping set should not be used:

- If you have any history of bloodclots, such as Deep Vein Thrombosis On the Carotid Artery (located on each side of theneck) or directly on any other artery

- If you are taking blood thinners
- Internally

 On or within 6 inches of surgical implants, cosmetic implants, on or near recent skin graft or recent incisions without consulting your health care provider, on areas that are inflamed, irritated, or contain other open wounds (examples: cuts, scrapes, wounds, rashes, cysts, acne, or other active skin conditions)
 On armpits and axillary

- On recent Botulinum Type A injections (Botox), other injections,
- or injectable fillers without consulting your healthcare provider
- On areas with swelling or bruises
- On vagus nerve (located deep in the neck)
- Directly on varicose veins
- On breast tissue
- On genitals

- If you have a history of serious viral infections or autoimmune

- conditions without consulting your health care provider
- If you are nursing or pregnant without consulting your health care provider
- On areas with evidence of infection
- If you have a history of skin or nerve issues

without consulting your health care provider

- If the device is broken or damaged (If you discover a product defect or the product becomes damaged during proper usage, discontinue use immediately and contact us at support@fasciablaster.com)

6. INSTRUCTIONS FOR USE:

1. Before and after use, please wash the cups and other parts for cleaning and sterilization. If the product is cracked or broken, please discontinue use and notify us at SUPPORT@FASCIABLASTER.COM.

2. You should use on a test patch (a small area of the body that is not visible in clothing) to see how your body reacts. If you experience any adverse effects, discontinue use immediately and notify us at SUPPORT@FASCIABLASTER.COM. Only use on clean skin that is free of wounds or irritations.

3. Select a suitable cup and a comfortable posture.

4. Lift the piston of vacuum cup a little bit up to ensure free passage of air. (Fig.1)
5. If needed, connect the flexible tube to the connector of the vacuum pump. (Fig. 2)
6. Gently encase the connector of the vacuum pump (or flex tube if attached) over the piston at the top of the vacuum cup, lift and pull the pull rod until the skin within the cup is elevated to your desired level. The optional strength of suction depends on the user but do not over-elevate. (Fig. 2 and Fig. 3)

7. Mind the time of cup staying on skin.

8. When cupping is completed, just lift up the piston at the top end of the cupping device to get air in, and remove the cups. (Fig. 4)



FIG. 2

FIG. 4

7. ADDITIONAL IMPORTANT INFORMATION:

Disclaimers and Limitations of Liability: All devices and information are intended for self-use, you are responsible for how you use it, the pressure, your unique circumstances and existing conditions, use at your own risk. See the Terms of Purchase for product disclaimers and limitations of liability of Ashley Black personally, ADB Innovations, LLC, and their parents, subsidiaries and affiliates (*Ashley Black Company*), including for personal injury, property damage, or other loss sustained by or through the use of this product.

Product specifications are subject to change. Product colors may vary from those shown.

By using the device, you agree to the statement below:

In consideration of my participation in and use of an Ashley Black Company program, product, or service, I for myself, my heirs, and assign hereby release Ashley Black Company, its parents, subsidiaries, affiliates, officers, directors, owners, employees, independent contractors, and assigns from any and all claims, demands, or causes of action arising from my participation in any Ashley Black Company diet program, training program, or use of any Ashley Black Company product or service. I fully understand that I may injure myself as a result of my participation or usage and release Ashley Black Company from any liability now or in the future including but not limited to heart attacks, muscle strains, broken bones, shin splints, back injuries, severe bruises, allergic reactions, stroke, injury from falling or passing out, or soreness occurring during or after my participation in or use of any Ashley Black Company program, service, or product.

For More Information:

Please visit our website at www.AshleyBlackGuru.com for further information, including our Terms and Conditions and FAQs.

For product support information contact us at Support@FasciaBlaster.com

Thank you, The Ashley Black Guru Team

> It is recommended to consult your preferred healthcare professional before use. As with any exercise, fitness or healthcare program or beauty regimen, there is a risk of personal injury when using this set.

Manufactured For: ADB Innovations, LLC 3440 S. Sam Houston Parkway, Suite 100 Houston, TX 77047