

LURE® Home Spa

PRACTICAL GUIDE TO

CUPPING

How to Choose Your Cups, Best Practices,
Benefits and Modern Day Techniques



COPYRIGHT © 2016 LURE® Home Spa All rights reserved.

No part of this publication may be reproduced in whole or in part, stored in a retrieval system, or transmitted in any form or by any means, electronic, mechanical, photocopying, recording, scanning, or otherwise, except as permitted under Section 107 or 108 of the 1976 United States Copyright Act, without either the prior written permission of the Publisher, or authorization.

Limit of Liability/Disclaimer of Warranty: While the publisher and author have used their best efforts in preparing this book, they make no representations or warranties with respect to the accuracy or completeness of the contents of this book and specifically disclaim any implied warranties of merchantability or fitness for a particular purpose. No warranty may be created or extended by sales representatives or written sales materials. The advice and strategies contained herein may not be suitable for your situation. You should consult with a professional where appropriate. Neither the publisher nor author shall be liable for any loss of profit or any other commercial damages, including but not limited to special, incidental, consequential, or other damages.

DISCLAIMER

Information in this manual is provided for informational purposes only and is not meant to substitute for the advice provided by your own physician or other medical professional. Individual results can and will vary. LURE® Home Spa products do not claim to cure, treat or prevent any medical conditions. Cupping tools and suggested use are intended for cosmetic purposes only. Cupping cups and cupping sets are not considered a medical device. There is an inherent risk of personal injury if used improperly. Inspect each product prior to use, and if there is any damage or defect, discontinue use immediately.

User agrees to use cupping products described at their own risk. LURE Enterprises LLC and LURE® Home Spa or any LURE entities, agents or affiliates assume no responsibility for personal injury, property damage, or other loss sustained by or through the use of the products or methods described. LURE Enterprises LLC, LURE® Home Spa, agents or any affiliates shall not be held liable under any circumstance for incidental or consequential loss, damage or injury, due to direct or indirect use of the product(s). Keep out of reach of children and pets.

LURE® Home Spa assumes no suitability of any of these products as to users' complexion; age and other factors largely depend on personal discretion. Liability of LURE® Home Spa, or its suppliers, to purchasers or any third parties in any circumstance is limited to the Purchasers' cost of qualifying products purchased at the time of entering into the agreement. Warranties are void if the product is ever used in any manner not recommended

**Information and statements in this manual have not been evaluated by the Food and Drug Administration and are not intended to diagnose, treat, cure, or prevent any disease.*

TABLE OF CONTENTS

World's Best Secret - Now in Your Hands	4
Choosing the Cups that are Right For You	6
Traditional Glass "Fire" Cupping Jars	6
Glass Cups with Rubber Bulbs	6
LURE® Home Spa ADVANTAGE™	6
Using Your Cups	7
Choosing the Silicone Cups that are Right For You	10
LURE® Home Spa EDGE™	10
LURE® Home Spa ZEN™	10
LURE® Home Spa GLAM™	11
LURE® Home Spa BLISS™	11
Ion Qi Cups	11
Ionic Energy Cups	12
A Few Words on Cupping Marks	12
Silicone and Rubber Bulb Cupping Techniques	13
Respiratory Health	14
Abdominal Cupping & Digestion	14
Headaches/Migraines	14
Trigger Points & Myofascial Release	15
Performance & Sports Cupping	15
Cupping Reference Chart	16
Lymphatic Drainage Diagram	17
I.T. Band	18
Cellulite	18
Cellulite Home Treatment Remedy	19
Facial Cupping	20
Cupping Comparison Chart	24
Safety, Contra-Indications and General Protocols	25
How to Care for Your Cups	27

WORLD'S BEST SECRET – NOW IN YOUR HANDS!

Cupping therapy dates back to ancient Egypt, Asia and Middle East. It is a form of alternative medicine where glass, silicone or plastic cups are placed on skin to create vacuum suction in order to promote health and healing by loosening soft tissue and connective tissue, scarring and adhesions, moving stagnation and increasing lymphatic flow and circulation.

THE SECRET

The secret behind CUPPING is the “negative” or reverser massage action. Unlike acupressure or massage therapy which compresses the muscles and tissues, cupping decompresses and gently suctions and lifts skin and the underlying tissue into the cup using silicone cups, glass jars, or plastic cups with a pistol grip hand pump. Various styles of cups can be employed depending on the outcome and body area used to treat. Cupping may be used almost anywhere on the body and depending on the cups and techniques, can reach up to 4” deep inside the tissue producing remarkable therapeutic results.

Eastern medicine believes that pain and stress are caused by stagnation of blood, fluids, toxins and vital energy – Qi (pronounced CHI). Cupping promotes Qi life energy, helps improve our immune system, increases circulation, helps drain fluids, draws stagnation, pathogenic factors and toxins out of the body and delivers fresh oxygenated blood to help reduce inflammation and expedite healing.

Cupping is commonly used to address sports injuries, muscle and joint pain, connective tissue (fascia), digestive problems, for respiratory issues such as cold and cough, headaches, tooth pain, for body sculpting, cellulite, as part of an anti-aging routine, and so much more. Modern cupping may be used on its own or can be combined with massage therapy, essential oils, acupuncture or with other “Western medicine” treatments.

How Does Cupping Feel?

Most individuals find cupping massage very relaxing, delivering muscle tension and pain relief. Cupping is generally not painful, but depending on the individual's sensitivity and the intensity of treatment, it can be very relaxing and sedating or one may experience a moderate discomfort. The movement of the cup mimics the rolling action of a deep tissue massage, creating a reverse or “negative” pressure by pulling the skin upward into the cup. Redness or feeling of warmth of cupped area is an indication of increased blood flow to that area.

Who Can Benefit from Cupping?

Almost anyone can benefit from cupping (please see contraindications section). LURE® cups are very user friendly and can be used in a professional or home setting, by pro-athletes, alone or with a partner, for travel, pre and post-workouts, and more. The most common misuse of Cupping therapy is overuse. ***This is an intense therapy, and its impact on the body systems is significant. Often times, less is more.***

Common Conditions

Lack of mobility, circulation, tight muscles, pain and discomfort, edema, scars, restricted circulation, muscle and joint pain, myofascial release, trigger points, Fibromyalgia, IBS, Sciatica, Plantar fasciitis, Bursitis, Tendonitis, stagnant lymph, insomnia, anxiety, inflammation, congestion, cellulite, headaches and migraines, sinus, pneumonia, asthma, TMJ, athletic stress, injury and prevention, post-op recovery.

How Long Before You Can See or Feel Results?

In many cases, results can be seen or felt after only a few cupping sessions. Many times you will start feeling and looking better instantly! With regular use you will experience improved mobility, muscle tension relaxation, increased energy, a radiant looking skin, a healthier and more toned physique, reduced stress and anxiety, experience better sleep, less pain and discomfort, increased circulation and so much more! Results are cumulative. To be effective use regularly until optimal results are reached. Follow a healthy diet, exercise and drink plenty of water!

CHOOSING THE CUPS That Are Right for You

Traditional Glass “Fire” Cupping Jars

These are commonly used in professional settings by a trained licensed massage therapist.

Cotton balls, alcohol and a lighter are typically required. A cotton ball soaked in alcohol is ignited, placed inside the cup and quickly removed then the glass cupping jar is placed on the patient/client to produce vacuum suction.

Glass cupping jars are available in a range of sizes. Fire cups are used on the body only, never the face. Good for stationary, flash or massage cupping.



Glass Cups with Rubber Bulbs

These cups are generally made with hypoallergenic rubber bulb and medical grade glass, the rubber bulb is compressed to create vacuum suction. The amount of pressure created by squeezing the rubber bulb controls the intensity of pressure and suction. Available in a variety of sizes for body and face. Suitable for stationary, flash, lymph drainage and massage cupping.



Vacuum Set with Hand Pump & Optional Connecting Tube and Magnets (LURE® Home Spa ADVANTAGE™)



These cups are made of Polycarbonate (durable, light weight, transparent plastic) material and use a pistol grip hand pump (suction gun) with or without a connector tube to generate vacuum suction. This set offers the advantage of traditional glass cupping jars, but without the risk or use of fire.

Bio-Magnetic cups can be used with or without the magnets. A tube and Pistol action pump is used to create the vacuum. If tubing is attached use one finger to release the cup, without the tubing pull up on the valve stem. The magnets are primarily used to draw stagnation out of an affected area or to charge an area that is depleted. When the magnets are attached cups are kept static. Remove the magnets and the cups can be used for gliding massage cupping. Suitable for stationary and massage cupping. Set comes in a range of sizes for professional and home use.

USING YOUR CUPS:

1. Wash and examine the cups prior to use for cracks.
2. Select the cup(s) and connect them directly to the hand pistol grip or to tubing depending on intended use following assembly method in Figure 1. Use large cups for larger areas and small cups for smaller areas. Larger cups are preferred for lymphatic drainage.
3. Add water, body oil or any other lubricant to clean skin/area you intend to cup to facilitate better adhesion with skin.
4. Place cup(s) on your skin/treatment area and use a few pumping motions to create vacuum. You should observe skin and tissue sucked in inside the cup.
5. Use 1-2 short pumps for lighter vacuum pressure for static or gliding massage cupping or for lymphatic drainage. Use 2-4 pump for heavier vacuum pressure for static/stationary cupping.
6. For static cupping use 1 or as many cups as needed depending on intended treatment. Leave cups on target area for 2-15 minutes. Use 2-3 times a week for up to 10 days.
7. Observe color and texture of skin inside the cup. Do not overwork the area. It is normal for skin to turn pink or darken. In the unlikely event if blisters appear, remove the cup and sterilize the area with a disinfectant. Skin discoloration or “cupping marks” indicate stagnation, injuries, toxins or other issues and should dissipate between 1 and 10 days.

8. To remove the cup(s), pull on the air valve to release the pressure, or if tubing is attached use one finger to release the cup.
9. Keep the room warm during cupping. Avoid chills, drafts or excessive heat for up to 6 hours post cupping. Avoid steam, sauna and any other type of body treatments like massage or other bodywork manipulation for the next 48 hours.
10. See: Safety, Contra-Indications and General Protocols section for more information.



ADVANTAGE™ CUPPING SET ASSEMBLY

LARGE CUP



HAND PUMP



MAGNETIC NEEDLES
Green - NORTH
Red - SOUTH



RUBBER HOSE



Figure 1

LURE® Home Spa SILICONE CUPS

These cups are made with durable, antimicrobial food grade silicone (same safe BPA free material used for baby nipples and pacifiers). Silicone cups are made with flexible, pliable material and can be used for static, “flash” (suction and release), massage (gliding) cupping and lymphatic drainage. You may also shake or rotate the cups when in a static position to facilitate joint mobilization or soft tissue release.

CHOOSING THE SILICONE CUPPING SET That Is Right for You

EDGE™

Cups are ergonomically shaped with a mushroom-like design. EDGE™ cups are typically compressed from the top using 1 or 2 hands. The transparency of the cups allows a view of the tissue inside of the cups. The durable silicone is thinner and more pliable than ZEN™ cups. Suitable for stationary, flash, lymph drainage and massage cupping. Set comes in a range of sizes for professional and home use.



ZEN™

The dome shaped design allows for squeezing the cups on both sides with just one hand. Silicone is thicker than EDGE™ cups, though still pretty pliable. The intensity of pressure and suction is determined by the depth of the squeeze applied to the cup. Available in 2 sizes large & small for use on body. Not intended for facial cupping. Suitable for stationary, flash, lymph drainage and massage cupping.



GLAM™

This set offers cylinder shaped facial, eye and lip cups, plus a bonus (Food Grade silicone anti-microbial) face brush. The cylinder shaped design of cups allows for precision cupping of the facial areas targeting fine lines and wrinkles, pores and puffiness. Popular with spas for facelift, toning and sculpting. Glam™ cups are easy to handle and are designed for squeezing with just one hand. Suitable for flash, lymph drainage and massage cupping. **Warning: to prevent cupping marks, keep the cup moving at all times. Do not leave in one place on the face or neck. See Facial Cupping pp 20-23.**



Bliss™

Set offers classic ZEN™ cups, cylinder shaped facial, eye and lip cups plus a bonus (Food Grade silicone anti-microbial) face brush. The dome and cylinder shaped design allows for squeezing the cups with just one hand. The silicone face brush is used to gently cleanse and exfoliate facial skin. Suitable for flash, lymph drainage and massage cupping. **Warning: to prevent cupping marks, keep the cup moving at all times. Do not leave in one place on the face or neck.**



Ion Qi (pronounced CHI) Cups

Classic ZEN™ cups + negative ions. The dome shaped design allows for squeezing the cups with just one hand. These cups are very pliable, softer and easier to compress, than classic ZEN™ cups. Ions are known to help increase energy, attach to bacteria and aid in the decrease of inflammation. Available in 2 sizes large & small for body cupping. Suitable for stationary, flash, lymph drainage and massage cupping. Not intended for facial cupping.



Ionic Energy Cups

Are made with antimicrobial food grade silicone and embedded with small negative ions beads (balls). Place 2 fingers in the center



and push to create vacuum suction or push the raised part with your fingers through until the cup is turned inside out. Position the cup

on the area you wish to address and push the

edges until the cup flips back to the right side producing vacuum suction. Keep in place for 3-15 minutes, place your finger tip under the cup to remove. Suitable for stationary (static) cupping only. Not intended for facial cupping.

A FEW WORDS ON “CUPPING MARKS”

“Cupping Marks” or “Cup Kisses” are not bruises. The discolorations produced after cupping can be a result of buildup of toxins brought to the surface, stagnation, previous injury or lactic acid produced by the muscles. If redness or itching occurs, it’s likely due to inflammation brought to the surface.



Healthy Blood Circulation Moderate Stagnation Severe Stagnation Congestion and Toxins Purpura Blisters Black Patches Blood and Qi Deficiency

SILICONE and RUBBER BULB Cupping Techniques

Use Large cups to disperse strong suction over a larger area and Small cups for smaller areas or contour massage. Use a large cup with good suction to loosen adhesions, stagnation, and for trigger point release.

Static Cupping – add water or any type of lubricant (that doesn’t quickly absorb into skin) to the area you intend to cup. Compress the cup to create vacuum suction. Leave the cup(s) parked for 3-15 minutes. Start with just 3 minutes and gradually increase time. If the cup pops off, reposition it again. You may use this technique several times a week for up to 10 days, then take a break.

Flash Cupping – squeeze the cup to create vacuum suction, place on skin, release, repeat. Perform flash cupping rounds for up to 15 minutes per area on the body. Flash Cupping helps relieve congestion and sinus pressure. Great for deep tissue release or to minimize discomfort of a cupping massage.

Dynamic (Gliding/Massage Cupping) – apply oil or any other good lubricant to dry skin or use on wet skin with body wash or soap in the shower. Compress the cup to create vacuum suction. Glide the cup in zig-zag, circular or up and down motion. Complete, by draining toward lymph nodes (refer to Lymphatic Drainage Chart Figure 3). Use 1-3 times a week for a total of 5-20 minutes. Take a break to restore energy levels.

Shaking or Rotating – move the cup side to side or rotate when in static position. Effective for softening scars, deep tissue work, trigger point and myofascial release.



RESPIRATORY HEALTH

Cupping is very effective for respiratory health. It helps open lungs to help disperse mucous and phlegm, clear common cold or bronchial congestion. Cupping massage helps improve immune function, reduce allergies and asthma.

Use dynamic cupping – circular or up and down strokes on the back or place 6-8 cups (3-4 on each side) below the shoulder blade area. Leave in static/stationary position for 10-20 minutes.

ABDOMINAL CUPPING & DIGESTION

Cupping helps clear colon blockage, stimulate digestive organs, promote movement and bowels, eliminate toxins. Cupping helps stretch abdominal walls to help loosen stagnant waste and promote digestion. Use flash or cupping massage technique (move slowly following your colon's pathway).

HEADACHES/MIGRAINES

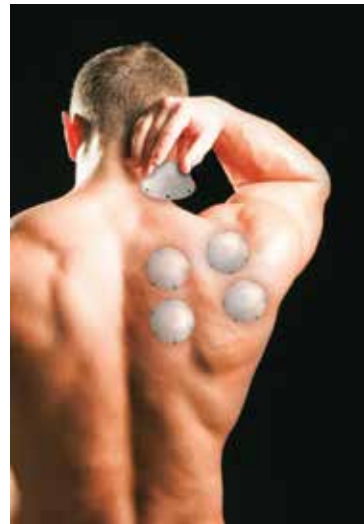
Apply oil to the base of the neck to facilitate stronger adhesion of the cup(s) to skin. Apply 2 body cups at the base of the neck (see diagram) and leave in static position for up to 10 minutes. You may continue to massage the area for another several minutes to relieve tension. You may also use larger facial cups to massage your forehead following the lines on the Facial Cupping Diagram Figure 4.

TRIGGER POINTS & MYOFASCIAL RELEASE

Myofascial Cupping is a form of trigger point therapy that helps lift, separate and stretch connective tissue (fascia) to detoxify and nourish soft tissues and improve range of motion. Myofascial cupping works to directly target restricted area by placing the cup over that area, creating negative pressure by lifting and stretching the skin to pull fresh oxygenated and nutrient rich blood into the area cupped. This technique can effectively be used to soften scar tissue, adhesions, cellulite and stretch marks.

PERFORMANCE & SPORTS CUPPING

As demonstrated by Olympians, and commonly practiced by amateur and pro-athletes, Crossfit competitors, runners, swimmers, gymnasts and other athletes, cupping plays an important role in the injury prevention and recovery. Cupping for athletes enduring strenuous activities helps boost circulation, reduce muscle stiffness, improve lung capacity, increase range of motion, improve performance, endurance, agility, recovery time and so much more!



CUPPING REFERENCE CHART

LYMPHATIC DRAINAGE (DETOX) DIAGRAM

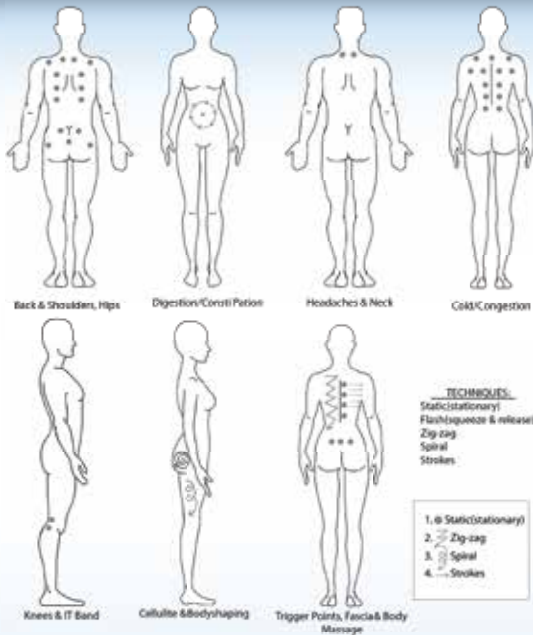


Figure 2

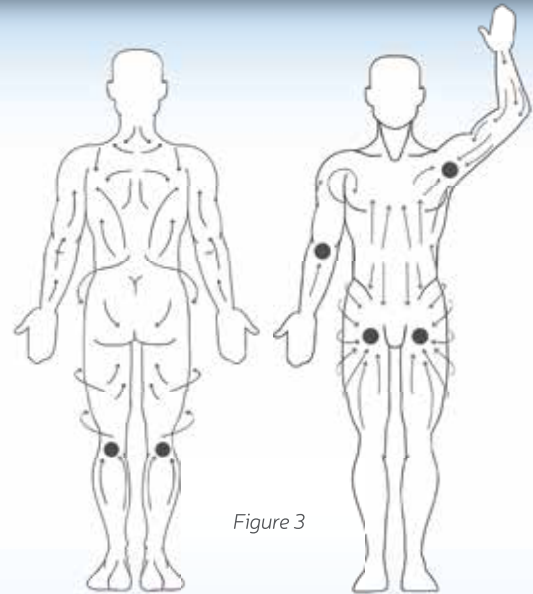


Figure 3

LYMPHATIC SYSTEM

The lymphatic system is part of the circulatory system and a vital part of the immune system that helps carry lymph (clear fluid). Lymph helps deliver nutrients and oxygen to cells. From these cells, Lymph fluid picks up and carries waste products, toxins, pathogens and cellular debris together with bacteria and proteins. Cupping massage helps open lymphatic vessels to increase Lymphatic output which in turn helps detoxify the body.

IT BAND

Shaking movement or massage strokes are most effective along the I.T. band (Iliotibial band syndrome).

CELLULITE

Thigh/Hips/Buttocks: Apply oil or use in the shower. Apply a large cup and use spiral, zig zag or circular motion to break up fascial adhesions that cause cellulite - or the “orange peel” look. Begin with light cupping on the region being treated to begin to loosen fascia. Increase the amount of suction as the area softens. When you can move the cups without resistance, glide the cups from the gluteal fold outward to the hips. Gravity will take the lymph fluid to one of the major lymph node clusters in the groin.

Legs: Back of the legs, begin with light circles and increase suction as you feel areas soften. Then glide the cup upward toward the sits bone and over toward the hips. Repeat as necessary. Less is more, don't overwork an area, the process is cumulative.

**TIP: Dry brush or exfoliate with a good body scrub in the shower followed by cupping with the Zen cups*



Cellulite Home Treatment Remedy

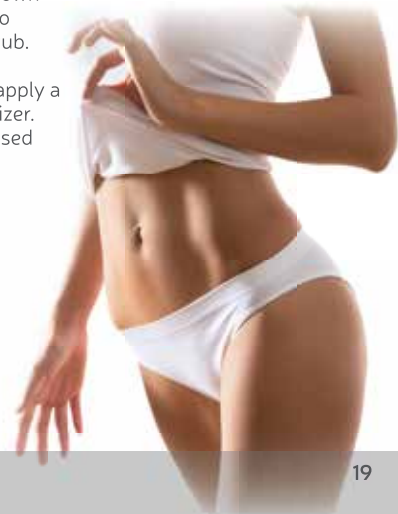
Body Toner

1 tablespoon apple cider vinegar
1 teaspoon coconut or evening primrose oil
2 teaspoons ground coffee (optional)
1 bag of each tea: rooibos, white tea, green tea, black tea
2 tablespoons rosemary and ground seaweed

Place all ingredients—except apple cider vinegar and evening primrose oil—in a pot with 6 cups of water and simmer until it reduces to half the amount of liquid. Let cool, then add apple cider vinegar and evening primrose oil. Make some of the liquid into ice cubes for use in the ice-heat treatment and retain the rest in the refrigerator. You can use this mixture as a toner (you may add to a spray bottle for easy application) or add optional ground coffee, brown sugar, sea or Epsom salt to create an anti-cellulite scrub.

After showering you can apply a cellulite reducing moisturizer. (See list of essential oils used to reduce cellulite):

Basil, Bergamot, Cedar,
Celery, Cyprus, Fennel,
Geranium, Grapefruit,
Juniper, Lime, Oregano,
Patchouli, Rosemary,
Sage & Thyme.



FACIAL CUPPING

*Recommended Cup Set: GLAM™ or Glass cups with rubber bulb.
Recommended Oil: Jojoba or Coconut Oil*

1. Begin with a clean face (you may use the antimicrobial cleansing brush included in the GLAM™ or BLISS™ cupping kits).
2. Apply facial oil or cream to face, neck and chest.
3. Work one side of the face at a time following Figure 4 on page 23.
4. Use small eye cups for the delicate eye and lip area, and larger glass or silicone cone shaped cups for face, neck and décolletage.



5. Squeeze the air of the silicone cup or by squeezing the rubber bulb of the glass cup before applying the cup to skin.

6. Use flash cupping (suction and release technique) to drain sinuses, between and around eye and lip areas marked by an "X".

7. Suction the cup to face and use sweeping/gliding massage strokes in areas indicated by arrows. Use your free hand to anchor skin behind the cup for a smoother glide and to prevent pulling on skin. Repeat 3-5 times per area for a maximum of 15 minutes total. Slow movement helps stimulate fluids where faster movement boosts circulation, collagen and elastin.

8. To address stubborn lines and wrinkles, place the cup over the area of concern, lift and stimulate it while maintaining suction.

9. Do not cup over new scars, acute acne or Rosacea, sunburned skin, raised moles, herpes or other skin inflammations.

10. Temporary redness, tingling and slight itching may be possible, but typically normal due to increased vascularity of the area cupped. These effects will disappear shortly.



DIRECTIONS

Work one side at a time.

FACE (larger cup)

1. Begin at the base of the ear, move down the side of the neck and across bottom of the clavicle using Flash cupping (suction & release) method. Repeat 3 times.
2. Place cup under the chin and glide under the jaw back toward the ear. Drain down the neck using Flash Cupping method. Repeat 3 times.
3. Place cup on the chin and glide across the jaw line and over the face under the cheek bone area toward the ear. Drain down the side of the face and neck using Flash Cupping method. Repeat 3 times.
4. Start at the side of the nostril and glide the cup across the face toward the ear. Area marked with an "X" is the sinus area where you can use the Flash Cupping method then continue to glide over the cheek toward the ear. Drain down the side of the face, down the neck and across the clavicle. Repeat 3 times.
5. Place the cup on the area marked "X" between the eyes and hold to release (Flash Cupping). Glide the cup upward to the center of your forehead to release tension. Repeat 3 times.
6. Start at the center of the forehead and glide the cup across the forehead to release frontalis muscle (forehead wrinkles). Use Flash Cupping method down the side of the face and neck. Repeat 3 times.

EYES (smaller cup)

7. Start at the inside corner of the eye, use Flash Cupping (suction & release) method gently and slowly. Move across the top lid to move fluids to the exterior corner of the eye. Next use same suction & release technique under the eye. When finished, glide the cup down the side toward the ear. Repeat 3 times.

8. Use a smaller or larger cup to lift the brow area. Place the cup above the brow and use your other hand to lift the inner brow. Keep the cup suctioned in place for 5-10 seconds, then complete by gliding the cup toward the outer end of the eye. Use Flash Cupping method down the side of the face and neck. Repeat 3 times.

LIPS (smaller cup)

9. Place a smaller cup above the top lip line area. Proceed by using the Flash Cupping method. To address fine lines and wrinkles use the cup to lift the skin up, hold for a few seconds then release. Complete this step by using the gliding massage stroke above the upper lip to the side of face. You may cup or plump you the lips, but first be sure to apply oil or lip balm to pre-treat and moisturize the lips and for better adhesion. Repeat 3 times.



Figure 4

CUPPING COMPARISON CHART

	ZEN	EDGE	GI	MEC	ADVANTAGE	BLISS	GLAM	GLASS CUPS w/ RUBBER BOLLS
CELLULITE & BOOTSHAPING	Y	Y	Y	Y	Y	Y	Y	Y
STRETCHMARKS	Y	Y	Y	Y	Y	Y	Y	Y
SCARS, SPIDER VEINS	Y	Y	Y	Y	Y	Y	Y	Y
MYOFASCIAL RELEASE	Y	Y	Y	Y	Y	Y	Y	Y
TRIGGER POINT	Y	Y	Y	Y	Y	Y	Y	Y
COLD, COUGH, CONGESTION	Y	Y	Y	Y	Y	Y	Y	Y
LYMPHATIC DRAINAGE	Y	Y	Y	Y	Y	Y	Y	Y
SPORTS INJURIES	Y	Y	Y	Y	Y	Y	Y	Y
POST OP RECOVERY	Y	Y	Y	Y	Y	Y	Y	Y
ARTHRITIS, MUSCLE & JOINT PAIN	Y	Y	Y	Y	Y	Y	Y	Y
NECK, BACK, SHOULDERS, LEGS	Y	Y	Y	Y	Y	Y	Y	Y
SCARFAC	Y	Y	Y	Y	Y	Y	Y	Y
PLANTAR FASCITIS	Y	Y	Y	Y	Y	Y	Y	Y
CARPAL TUNNEL	Y	Y	Y	Y	Y	Y	Y	Y
ANTI AGING	Y	Y	Y	Y	Y	Y	Y	Y
HAIR, TOOTHACHE	Y	Y	Y	Y	Y	Y	Y	Y
HEADACHES, MIGRAINES	Y	Y	Y	Y	Y	Y	Y	Y
GENUS INFLAMMATION	Y	Y	Y	Y	Y	Y	Y	Y

Figure 5

SAFETY, CONTRA-INDICATIONS and GENERAL PROTOCOLS

- If the vacuum pressure becomes too painful to bear, remove the cups before the full time has elapsed.
- Do not use on open wounds, fresh scars, after a recent trauma, over burned or broken skin or skin inflammation.
- To prevent suffocation, do not use over nose or mouth.
- Do not over treat sensitive areas. Less is more.
- Stretch the skin upward lifting the cup, do not compress like with a conventional massage.
- Observe/feel where the cup slows down or gets stuck – often a sign of tightness, stress, adhesions & stagnation.
- The room should be warm and free of cold drafts. When the body has to fight to keep from internal cold, it makes the treatment less effective.
- Do not cup on an empty stomach or during periods of fasting.
- Do not cup if you are on blood thinners, have a history of heart disease or Diabetes.
- Avoid cupping therapy if you are energetically depleted (low blood pressure, elderly or children).

- Pregnancy: light or moderate, use “flash” suction/release method to move edema and excess fluids only. Avoid lower & upper abdomen. Lower back can be cupped until the 6th month of pregnancy.
- Avoid cupping on the neck over the jugular or carotid arteries (or any other site with prevalent blood vessels).
- Use “Flash” or suction and release method on back of knees and interior area of elbow (lymph nodes).
- Do not cup over varicose veins, bulging discs or lesions.
- Do not use magnets if you have electrical implants (pace maker, insulin pump or other).
- Do not cup over the following conditions: acute stages of Psoriasis, Eczema or Rosacea, hives, herpes, shingles, raised moles & skin cancer.
- Avoid chills, drafts or excessive heat for 4-6 hrs. Avoid hot showers, steam, sauna and exercise after Cupping.
- Keep the cupped area covered, warm and free from any drafts immediately after treatment and for the following three days to assure that the muscles do not tighten and spasm. When the body has to fight to keep from internal cold, it makes the treatment less effective.
- Drink plenty of water to hydrate the tissues and move toxins through excretory channels.

You may wish to pay attention and keep track of changes in your body, such as sleep patterns, appetite, thirst, mood, energy, elimination of fluids and solids, how clothes fit, digestion, pain levels, endurance, recovery time (athletes) and any other changes that you notice.

HOW TO CARE FOR YOUR CUPS

Silicone cups (Edge, Glam Bliss, Zen, Ion Qi & Energy) wash in warm soapy water. Wipe with alcohol wipes or clean with 50% water 50% Listerine mixture.

Glass cups with rubber bulbs - Wipe with alcohol pads or clean with 50% water 50% Listerine mixture. Avoid getting liquid inside the bulb. If bulb can be removed, glass cups can be washed in warm soapy water.

Bio-Magnetic cups (ADVANTAGE): Remove magnets. Wash the cups in warm soapy water. Clean the tubing with Listerine or alcohol. Do not use products containing essential oils with any plastic cups

DO NOT Boil. DO NOT Microwave. Not Dishwasher safe, except Glass “fire” cups.

Remember, Results Are Cumulative, and Practice Makes Perfect!

HAPPY CUPPING!



A close-up photograph of a person's midsection and legs. They are wearing black shorts and holding a light-colored wooden massage roller with four spiky rollers against their right thigh. The background is a soft-focus outdoor setting.

LURE[®] Home Spa

For a full catalog of beauty & wellness products,
FAQ, video tutorials, promotions and more,
visit us at www.lurehomespa.com

Share your photos and reviews at      **@lurehomespa**
info@lurehomespa.com | ©LURE Home Spa - all rights reserved