

Fascia Cups

Users Guide

SELF-CARE uses for Fascia Cups

1. Relaxes Muscles
2. Helps Reduce Pain
3. Promotes Relaxation
4. Boosts Skin Health
5. Helps Treat Respiratory Issues
6. Improves Digestion



How to use Fascia Cups

1. Identify the part of your body that feels restricted and/or tight.
2. Cups should be used on bare skin.
3. AVOID open sores, rashes or thrombosis.
4. Cups work best on flat surfaces of the body.
5. Clean and dry the area, as well as the cups.
6. Place the cup on the appropriate area.
7. Press the middle down until you hear the cup create suction.
8. Leave cups on for 10-20 minutes to start.
9. There may be circular marks on your skin, but they will dissipate.
10. Extend the time according to how your body feels.

PLEASE NOTE: Where there is dead, static blood, lymph, cellular debris, pathogenic factors, and toxins present in the body, cupping can leave marks which indicates that the stagnation has been moved from the deeper tissue layers to the surface, allowing fresh oxygenated blood to nourish and heal the underlying areas.

These marks will fade after a couple of days.