

DIRECTIONS FOR USE

Method 1: One Hand Application for Smaller Cups

- Place two fingers under the rim of the cup, and your thumb on top of the dome.
- Place one edge of the cup rim on the skin, and press the dome down with your thumb. You can control the strength of suction by how hard you compress the cup with your thumb.
- Roll the remaining section of the rim onto the skin, and release.



Method 2: Two Hand Application for Larger Cups:

- Place the index and middle fingers of both hands under the rim of the cup, and place both thumbs on the cup dome.
- Press down with both thumbs, while pulling up with your index and middle fingers to compress the cup to your desired strength.
- Place the cup on the skin, and slide your index and middle fingers out from the rim with your thumbs still pressing downwards. The top of the cup should be indented downwards, with the skin inside being sucked upwards into the cup.



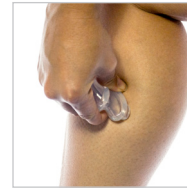
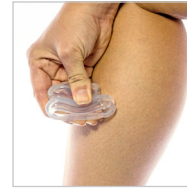
To Remove the Cup:

- To remove the cup, simply slip your finger between one edge of the cup and your skin to release the vacuum.



Method 3: One Hand Squeeze for Medium Suction

- With one hand, use your thumb and fingers to squeeze the rim of the cup together as tightly as possible. The cup will form an oblong shape.
- Place the rim of the cup firmly on the skin.
- Release your squeeze on the cup to achieve a mild cupping sensation.



FASCIA BUDDY CARE INSTRUCTIONS:

Wash with hot water and soap, or place in the dishwasher. Alternatively, to fully sterilize your Fascia Buddy cups, you can also wipe them with alcohol, or boil in water for 2-3 minutes.

A CUPPING MARK IS NOT A BRUISE

A common misunderstanding is that the mark that often appears after a cup has been applied to the body is a bruise.



By definition, a bruise occurs as a result of a blow to the body that does not break the skin. Bruises are also tender to the touch, and turn a blue-yellow as they heal. Cupping marks, however,

are created by a lifting and suction action on the body. Individuals have remarked that they are painless, and tend to fade from within seconds to upwards of 10 days.

With cupping, the marks are a meaningful and encouraging indication that congestion and cellular waste that has been trapped deep within the tissues has been brought to the surface where it can be processed and eliminated by the body. However, an absence of marks does not mean that the treatment isn't working. Lighter cupping, moving cupping, or consistent cupping over time will produce little to no marks but still have a positive effect on the body.

CUPPING TECHNIQUES

Stationary Cupping:

Static cupping is when the Fascia Buddy cup is applied to a single point on the body and then left for up to 3 minutes, or longer, if instructed by your integrative healthcare practitioner. This is the most common method of cupping.

Moving or Massage Cupping:

You can easily use your Fascia Buddy cups to massage your tissues by first applying massage oil to the skin and then carefully gliding the cups across the surface of the body. The nature of the pliable silicone material of the Fascia Buddy cups allows you to squeeze the cups so that they can be easily maneuvered around bony areas without losing suction.

TIP: SHOWER CUPPING

A great way to perform massage cupping is in the shower. Simply use a creamy soap to lather the part of your body you wish to massage, and then apply your Fascia Buddy cup to the body. Using soap as a form of lubrication will allow you to easily glide the cups over your skin.

Myofascial Release Cupping:

Apply your Fascia Buddy cup to lubricated skin with strong to moderate suction. Very slowly drag the cup in one direction to lift and separate the layers of fascia. This allows for body fluids to circulate into separated fascia to promote rejuvenation.

Flash Cupping:

Flash cupping is a technique used to apply suction to the skin in short intervals or 'flashes'. Apply your Fascia Buddy cup to the skin for approximately 5 seconds before releasing the pressure and removing the cup. Repeat the application and removal of the cup multiple times as indicated by your integrative health practitioner.

EFFECTS OF CUPPING

After removal of the Fascia Buddy cup, your skin may change colour to a red or purple. This is a normal reaction, and will dissipate over time. You may also experience a warming sensation over the area.

CONTRAINDICATIONS

- Cupping therapy is not suitable for people with bleeding diseases, dermatosis, injured skin, or allergic dermatitis.
- Do not use if you have thin, delicate skin due to use of prednisone or other steroid medication.
- Cups should not be applied on any part of the body that has herniations, or where varicose veins have occurred or are occurring.
- Cupping of the abdomen during pregnancy is contraindicated. Cupping therapy when pregnant should be done under the direction of your primary healthcare practitioner.
- Avoid cupping the eye, ear, nose, mouth, nipple, genitals, and over areas where superficial arteries are present, such as in the neck.
- Cupping therapy is not recommended for individuals with serious conditions such as cardiac failure, renal failure, cancer, ascites, or severe edema.

WARNINGS & CAUTIONS

- Do not leave cups stationary on the body for longer than 3 minutes, and on the face for longer than 30 seconds, unless directed by your healthcare practitioner. If cups are left longer, there is a risk of blistering of the skin.
- In the rare event a blister occurs, wipe the skin with antiseptic, then cover with a sterile pad to prevent any risk of infection.
- Please consult your healthcare practitioner prior to cupping if you have any questions.

YOUR FASCIA BUDDY KIT INCLUDES:

X-Small Cup Small Cup Medium Cup Large Cup Set of 4 Cups



EASY TO USE, MOVE & REMOVE.

Fascia Buddy silicone cups are easy to apply, easy to move, and easy to remove. The unique shape of the cups allows you to achieve strong suction without the need for hand pumps or fire, making them easy and safe to use at home between treatments with your practitioner. The soft material is comfortable on the skin, and is excellent for static and massage cupping techniques. Fascia Buddy cups are available in 4 sizes, so they can be used on any area of the body.

WHAT IS CUPPING THERAPY?

Cupping therapy is an ancient form of alternative medicine in which a therapist puts special cups on your skin for a few minutes to create suction. The suction action draws the skin over a targeted area or acupuncture point into the cup by creating a vacuum. By lifting the skin and tissues into the jar, cupping can promote circulation, reduce swelling, release fascia, and promote lymphatic drainage.

In traditional cupping therapy, glass jars are often used, and the vacuum is created using either fire or a mechanical hand-pump. Using these tools often requires specific training to be done safely. Now, individuals can safely use Fascia Buddy silicone cups at home to help with pain, inflammation, blood flow, relaxation, and as a type of deep-tissue massage.



WHY YOU'LL LOVE FASCIA BUDDY CUPS:



Transparent silicone material allows you to see the change of the skin from outside the cup to gauge tissue reaction.



Shape of the cup mouth can be changed so it can be shaped to suction to difficult or bony areas of the body - like elbows and knees.



Strong and durable food-grade silicone is resistant to acids, alkalis, and high and low temperatures.



The cups provide a strong suction force that can be adjusted easily and gently to your comfort level.



Cups are easy to use in a variety of postures, including lying down, sitting, standing, or while stretching.