

LURE[®]

Home Spa

CUPPING GUIDE



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 you LURE® cups 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 into the cup using silicone cups, glass jars, a vacuum gun or bulb. 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.

Cupping promotes Qi (pronounced CHI) life energy, improves immunity, increases circulation and delivers fresh oxygenated blood to help reduce inflammation and promote healing. Eastern medicine believes that pain and stress are caused by stagnation of blood and vital energy (that's Qi).

Cupping massage is widely used for lymphatic drainage to help remove debris and accumulated toxins from the body. It is also 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 producing 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 you may experience a moderate discomfort. The movement of the cup mimics the rolling action of a deep tissue massage, only 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, alone or with a partner, during travel, pre and post-workouts. The most common misuse of Cupping therapy is overuse. This is an intense therapy, and its impact on the body systems is significant. Oftentimes, 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, Fibromialgia, IBS, Sciatica, Plantar fasciitis, Bursitis, Tendonitis, stagnant lymph and edema, insomnia, anxiety, inflammation and congestion, cellulite, headaches and migraines, sinus, pneumonia, asthma, TMJ, injury treatment 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 a 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 quickly 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

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.

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

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.



LURE® Home Spa SILICONE CUPS

Made with durable, antimicrobial food grade silicone. You can use these cups for static, “flash” (suction and release), massage (gliding) cupping. You may also shake or rotate the cups when it’s in the static position to facilitate joint mobilization or soft tissue release.

EDGE™

Cups are ergonomically shaped with a knob/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. Suitable for stationary, flash, lymph drainage and massage cupping.



GLAM™

This set offers cylinder shaped facial, eye and lip cups, plus a bonus face brush.

The cylinder shaped design of cups allows for precision cupping of the facial areas targeting fine lines and wrinkles, pores and puffiness. 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.



Bliss™

Set offers our classic ZEN™ Cups, cylinder shaped facial, eye and lip cups plus a bonus face brush.

The dome and cylinder shaped design allows for squeezing the

cups with just one hand. The silicone face brush is used for gently cleansing and exfoliating 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

ZEN™ cups are infused with 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.



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 the raised part 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 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.



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.

HOW TO USE

Use Large cups to disperse strong suction over a larger area and Small cups for smaller areas or contour massage.

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. Use 1-2 times a week.

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. Works to help relieve congestion and sinus pressure. Great for deep tissue release or to minimize discomfort of a cupping massage.

Dynamic (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. Once complete, drain toward lymph nodes (refer to Lymphatic Drainage chart). Use 2-3 times a week for face cupping, 1-2 times for other body work for a total of 10-20. Minutes.

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.



BODY CUPPING

Use a large cup with good suction to loosen adhesions, stagnation, trigger point release.

IT BAND

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

ABDOMINAL AREA

Use flash or cupping massage technique (move slowly following your colon's pathway).

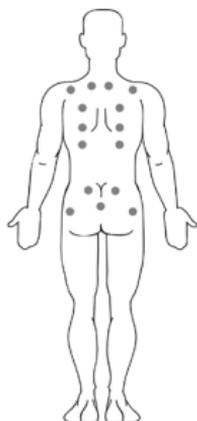
CELLULITE

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 - the "orange peel" look. Begin with light cupping on the region being treated to begin to loosen. 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 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 over work an area, the process is cumulative.

**Dry brush or exfoliate with cellulite scrub in the shower followed by cupping with the Zen cups*

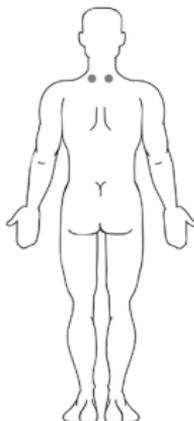




Back & Shoulders, Hips



Digestion/Consti Pation



Headaches & Neck



Cold/Congestion



Knees & IT Band



Cellulite & Bodyshaping



Trigger Points, Fascia & Body
Massage

TECHNIQUES:

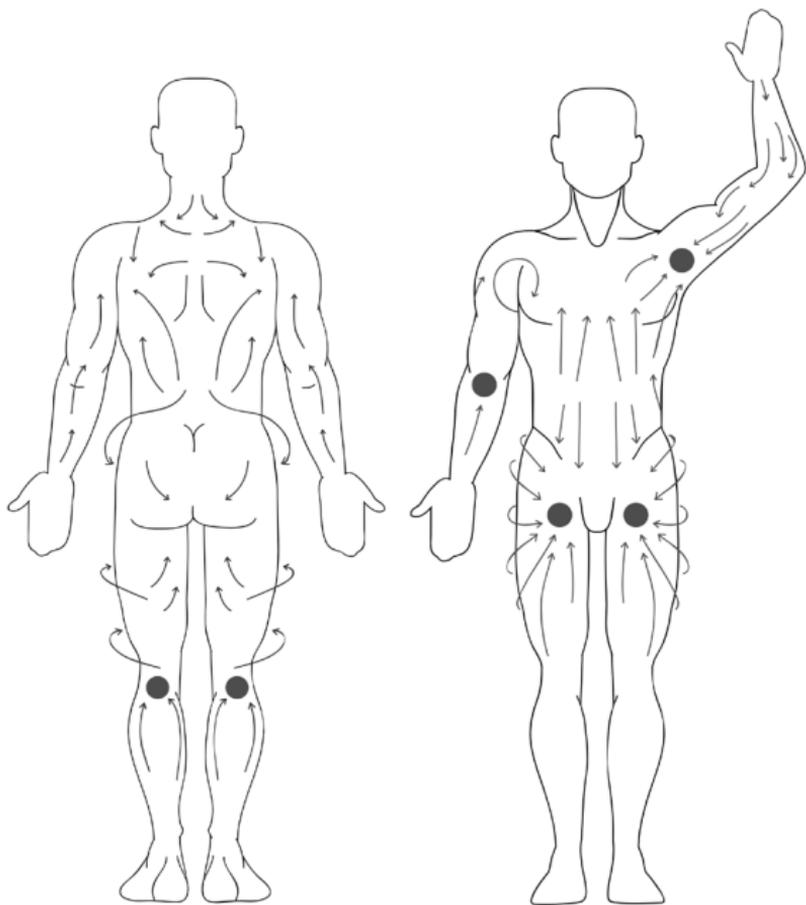
- Static(stationary)
- Flash(squeeze & release)
- Zig-zag
- Spiral
- Strokes

1. ● Static(stationary)

2. Z Zig-zag

3. ⌀ Spiral

4. → Strokes



Lymphatic Drainage (Detox)

Optional Pre-treatment or Cellulite Treatment

Body Toner

- 1 tablespoon Apple Cider Vinegar
- 1 teaspoon Evening Primrose Oil
- 2 teaspoons (brewed) Coffee
- 1 bag of each of the following teas, Rooibos, White Tea, Green Tea, Black tea
- 2 tablespoons Rosemary, parsley and any 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 in the scrub recipe below, or put it in a spray bottle and use it on its own.

Anti-Cellulite Scrub

- 1/2 cup brewed Coffee Grounds
- 1 tablespoon Wine
- 1 tablespoon tincture
- A few drops of ginger extract and seaweed extract
- Mix in sea salt for a softer scrub or Epsom salt can be used

After showering you can follow up using the tincture as a toning spray, finally apply a cellulite reducing moisturizer. (See list of essential oils used to reduce cellulite)



Essential Oils used to fight 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 bulb.

Recommended Oil: Jojoba or Fractionated Coconut Oil

Less is more when facial cupping. Anchor the skin behind the cup.

1. Begin with a clean face
2. Apply oil to face, neck and chest
3. Work one side of the face at a time
4. Using the pink exfoliator start with the cheek bones, with light brush strokes move from the side of the nose toward the ear and down the neck to under collar bone, across the chest toward the arm. Repeat several times, a slight pinking of the skin will appear.
5. Refer to chart here:



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

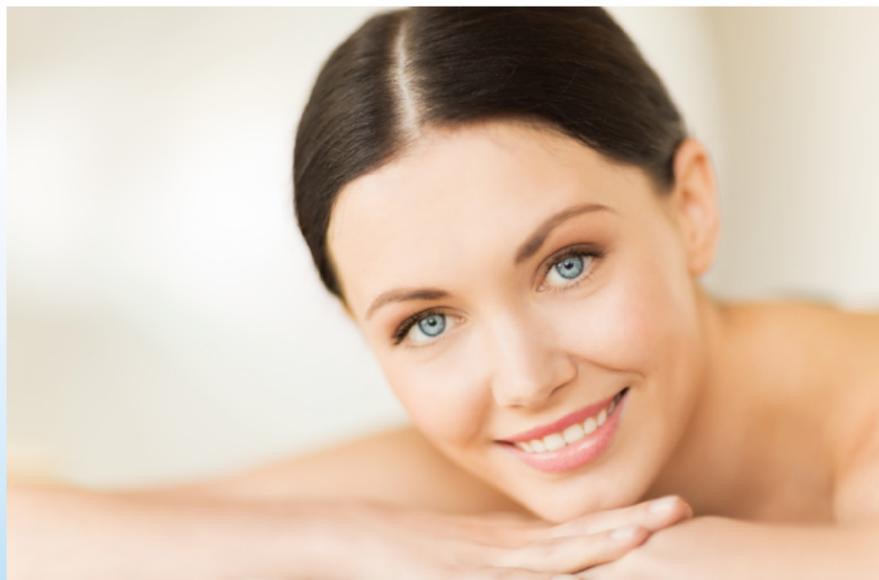
Wipe with alcohol pads or clean with 50% water 50% Listerine mixture. Avoid getting liquid inside the bulb. If bulb can be removed, glass cups can be washed in warm soapy water.

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, expect Glass “fire” cups.



Safety, Contra-Indications and General Protocols:

- 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.
- 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.
- Stretch the skin upward lifting the cup, not compressing as in a Conventional Massage.
- Observe/Feel where the cup slows down or gets stuck –often a sign of tightness, stress, adhesions & stagnation.
- Do not cup on an empty stomach or 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
- Drink plenty of water to hydrate the tissues.

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.



LURE[®] Home Spa

www.lurehomespa.com

info@lurehomespa.com

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DISCLAIMER

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