

# RENAskin

## FACIAL CUPPING INSTRUCTIONS

- Always apply a face oil or lotion to create slip.
- Start in the center of your chest with the large cup to stimulate lymphatic drainage.
- X is for dynamic cupping with the small cup.
- For dynamic cupping, pinch the cup and place on the skin, release and pull off.
- Using the larger cup - pinch the cup at the center to expel air, release on the skin to create suction.
- Be careful not to suction too hard as this can damage skin.
- Keep the cup slowly moving across the skin in the direction of the arrows.
- Work from the center of your face moving outwards and upwards.
- Only run the cup in one direction and when you have reached the side of your face pinch and release the cup from skin.
- You can cup over each area 3 x
- Cupping usually takes around 7-10min and can be done 3 x per week.

FOR MORE INFO VISIT [www.renastore.co.nz/tips](http://www.renastore.co.nz/tips)

