

FASCIQ®

- ✓ No. 1 brand for Fascia Tools
- ✓ Extensive range of Fascia release Tools
- ✓ Recommended by leading R&D institutes



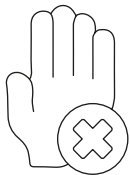
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CONTRAINDICATION

Do not cup over arteries or use cups on fresh scars, blemishes, sunburned or damaged skin, rosacea, eczema or other skin inflammations. Consult your health care provider prior to use if you use dermal-fillers or have had any surgery.

If there is an area that is still bruised from a previous cupping treatment, **DO NOT** cup over the same area, if it is not completely healed.

Information provided in this guide is general, individual results can and will vary.



FASCIQ®

EASYPUSH – TRIGGERPOINT CUPPING SET

MAY HELP IMPROVE



athletic performance



circulation

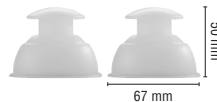


mobility

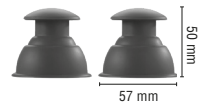


flexibility

Large Cups



Small Cups



CARE

- Wash in warm, soapy water.
- Do not place in dishwasher.
- Do not freeze, heat or boil cups.

MATERIAL

- Silicone Rubber
- BPA Free

The silicone rubber is not tested on animals, it is produced safely and without toxic substances.



HOW TO

Step 1

Wash the skin thoroughly.

Step 2

Apply any cream or oil of your choice to insure sufficiently lubricated skin, this will prevent any friction when sliding the cup(s) over the skin.

Step 3

(Refer to the “**Application**” illustration on the right).

APPLICATION



Remove air from the inside of the cup by holding the cup with both hands using both your thumbs to compress the cup by pushing the top of the cup down.



Apply the compressed cup to the targeted skin area and release to create a vacuum/suction.



Leave the cup on the trigger point area for 2 - 3 minutes. Do not move these cups across the skin as they are specifically designed to target trigger point areas on the body.



To remove the cup from the skin, push the middle of the cup before pulling it away from the skin.

1. FLASH CUPPING

Flash cupping is a way of cupping in which the cups are applied to the skin several times in quick succession, to be removed shortly after applying. The cups can be applied over a large area. It is a stimulating technique that greatly improves blood flow and affects fascial structures and pain. The cups can be left on the skin for about 5 seconds.

2. LOCAL CUPPING

Local or dry cupping is a way of cupping in which the cups are applied at specific points. Depending on the goal, the cups can stay on for between 30 and 90 seconds, even 15 minutes is possible. Please note; if cups are on the skin for a longer period of time, red discoloration of the skin may occur, bruising may also occur, which is a normal reaction. The skin will recover.

FASCIQ® CUPPING SETS

FASCIQ® SPORTS CUPPING SET - TRIGGER POINT CUPS



FASCIQ® CUPPING SET OF 4 CUPS



FASCIQ® FACIAL CUPPING SET



FASCIQ® SILICONE CUPPING SET TWO SMALL CUPS



FASCIQ® SILICONE CUPPING SET SMALL & LARGE CUPS



FASCIQ® SILICONE VACUUM CUP LARGE

