



- * Holding the cup close to the base to creates a stronger suction. Near the tip, creates lighter suction.
- * If the suction feels too tight, release and squeeze the cup again.
- * If you lose suction, you may need more facial serum.
- * You can use your other hand to stabilize your head.
- * Do no more than 3 times a week to give your skin a break.
- * DO NOT cup over broken capillaries, breakouts, inflamed or thin skin.

Pump: gently squeeze & apply the cup to skin then release grip to create suction.
Suction & Glide: Pump to connect cup to skin, then glide toward lymph collectors.

Repeat pump & suction /glide movements three times in each area starting on one side of the face and onto the other side.

1. Prep skin with a liberal amount of facial serum on your face, neck & chest.
2. Start at the sternum, below the collarbone with the large cup to pump & release. Next, create suction again at the sternum this time gliding the cup under the collarbone toward the shoulder and release.
3. Pump & release above the collarbone and then suction & glide toward shoulder.
4. Next, move to the end of the jawline just below the ear. First pumping & then suction/gliding down the neck to the collarbone.



* An important area for lymph work!

6. Move under the chin to pump & release followed by suction & glide down the neck to the sternum.
7. The chin is next! Pump & release under the lower lip then suction & glide to the ear. You can use your other hand to stabilize!
8. After that, pump & release at edge of the mouth, then suction & glide to the ear.
9. Pump & release above the lip, then suction & glide towards the ear. You may find another pass from the nose to the ears is needed, pumping first, then gliding.
10. Between the eyebrows, pump & release & then suction & glide to the hairline.
11. Lastly, from the center of forehead suction & glide to the temples. May take more than one pass.

Small Cup: Used for small areas with tender skin & over lines & small wrinkles.

1. Gently pump & release under the eye, then above the eyelid & up onto the brow.
2. Pump & release on the lips.