



Bellabaci Signature Full Body Gliding Cupping Massage:

The Full Body Gliding Cupping Massage is a combination of cups and hands, utilizing positive and negative pressure. This helps minimize hand-fatigue and will ensure that there is no over stimulation. The cup suction pressure benefits vary based upon the suction pressure level. A weak suction pressure provides a soothing, relaxing and tension relief effect while a strong suction pressure provides stimulation and desensitization. The power of touch and hands-on contact is crucial for best results. The sequence begins with the client lying prone and includes the back, neck, legs, and feet. The client turns into supine position and the massage continues starting with the legs, stomach, arms, hand, décolletage, and face.

1. Back Sequence

1. Stand at the head of the massage table and expose back with proper draping protocol. Press 2 to 4 drops of the chosen Pure Essential Complex Oil onto the occipital hollow, shoulders, middle back, and lower back. Perform effleurage glide with hands from lower back to occipital hollow and end with compression at occipital crest.
2. Apply prescribed Bellabaci Professional Massage Oil liberally. Perform **Hands-On Effleurage** on the back. Perform three times.
3. Perform **Kneading**: stand on right side of massage table and knead with your hands on the left side of the body, starting above iliac crest and work up into the upper shoulder and back to starting point. Perform three times. Move to left side of massage table and knead the right side of the body. Perform three times.
4. Perform **The Cup Effleurage**: stand at the head of the massage table and use a soft Body Cup with weak suction pressure, glide with a moderate speed from upper to lower back directly on the left erector spinae muscle using Triangle Hand Position. When reaching the lower back, create a circle over the lower back to “make a U-turn” to come back up to the start point This ensures a smooth and continuous movement. Perform three times. Perform on the right erector spinae muscle for three times.
5. Perform **Circles**: stand at the head of the massage table and divide the left side of the back in to 3 sections; upper, middle, and lower. Use a Body Cup with weak to medium suction pressure, glide with moderate speed creating big circles on the 3 sectioned areas using Triangle Hand Position. After performing the last lower back circle, glide the cup up to the neck area on the erector spinae and do not break contact. Perform three times. Repeat process on right side for three times.
6. Perform **The Spine Clearing**: stand at the head of the massage table and use a soft Body Cup or Super Cup and slowly drain the spine with weak to medium suction pressure, gliding from the cervical vertebrae ending at the sciatic region or as low as permitted, and then glide straight back up to starting point using Triangle Hand Position or Goal Post Hand Position. Ensure that you have full contact on the back as you glide the cup; perform six times.

Note: cupping is a rare method where negative pressure can be applied to the spine and apply only positive pressure from the hands around the cup on the erector spinae.

Caution: do not perform this if the spine is too bony

7. Perform **Taking Out the Trash**: stand on side of massage table and use a soft Body Cup or Super Cup with a weak to medium suction pressure, drain very slowly the lymph from the mid-line outwards using a Goal Post Hand Position, starting above iliac crest and move towards the upper shoulders. Release suction with the cup when reaching the side before air can enter the cup to avoid any noise and gently glide back to starting point with your hand only. This step is to move the lymph closer to the lymph nodes on the sides and between the ribs. Move to other side of massage table and perform **Taking Out the Trash** on the right side of the back.
8. Perform **The Fish Bite**: stand on the side of the massage table and use the Body Cup or Super Cup with a weak to strong suction pressure, perform a squeeze and release action along the left side of the erector spinae muscle with a Thumb-Index Finger Squeeze Hand Position glide with moderate speed. Starting at the lower back to neck, never losing full contact; guide and glide with opposite hand in a L-shaped Hand Position. This movement is slow and methodical. Perform three times. Perform on the right erector spinae muscle for three times.

Note: when using the Super Cup, stand on the side of the massage table and use Two Handed Thumb-Fingers Squeeze Hand Position to squeeze and release to mitigate hand-fatigue.
9. Perform **Vibrations**: stand at the side of the massage table and use the soft Body Cup or Super Cup with a weak to strong suction pressure. Begin at the base of the spine and glide up to the neck. Jostle the cup by squeezing the cup in the center of the cup along on the left erector spinae muscle with a Thumb-Fingers Squeeze Hand Position glide with moderate speed. Trail with the opposite hand gliding on the body. Perform three times. Perform Vibrations up the right erector spinae muscle for three times.
10. Perform **The Boat**: stand on the side of the massage table and use Body Cup or Super Cup with medium to strong suction pressure, twist the cup along the left erector spinae muscle, starting at the lower back and workup to the neck with a Thumb-Index Finger Squeeze Hand Position; guide cup glide with moderate speed with L-Shape Hand Position. Perform three times. Perform on right erector spinae muscle for three times.
11. Perform **Figure of Eight or Infinity Sign**: stand at the head of the massage table and use Body Cup or Super cup with medium to strong suction pressure and glide with moderate speed using Triangle Hand Position, perform an Infinity Sign or Figure of Eight over the scapulars. Start at the midpoint of spine and create the Figure of Eight. Perform three times.
12. Perform **The Three Smiles**: stand at the head of the massage table and use the Body Cup or Super Cup with weak to medium suction pressure, “draw” a half circle with a Triangle Hand Position around the left scapula for three times, glide below the neck and perform three smiles and flow in to gliding around the right scapula glide with moderate speed. Perform for three times. This movement is continuous and flows from one half circle into the next.
13. Perform **Cervical/Thoracic Circles**: stand at the head of the massage table and use Body Cup or Super Cup with weak to medium suction pressure, perform a circle over the cervical and thoracic vertebrae glide with moderate speed with a Triangle Hand Position. Perform eight times.

2. Neck Sequence

1. Perform **Neck Sliders**: stand at the head of the massage table and drain slowly from deltoid to occipital crest on side of neck using Body Cup with medium suction pressure with a Thumb-Fingers Squeeze Hand Position with opposite hand guiding cup with a L-shape Hand Position. Perform three times. Perform on other side for three times.
Option: if the neck is of a petite frame and suction is difficult, only perform hands-on massage.
Caution: avoid major blood vessels.
2. Perform **Neck Circles**: stand at the head of massage table and use soft Body Cup with medium suction level using a Thumb-Fingers Squeeze Hand Position glide with a moderate speed guided by L-shape Hand Position. Perform small circles, moving from the left trapezius to the deltoid. Finish with a glide to the occipital. Perform three times. Perform on the right side for three times.
Option: if the neck is of a petite frame and suction is difficult, only perform hands-on massage.
Caution: avoid major blood vessels.
3. Perform **Knuckling**: stand at the head of massage table and with hands in neck region up to 2 minutes.

3. Posterior Leg Sequence

1. Stand at side of massage table and expose left leg with proper draping protocol. Press 2-4 drops of the chosen Pure Essential Complex Oil on the full left leg.
2. Apply prescribed Bellabaci Professional Massage Oil liberally over leg. Perform **Hands-On Effleurage** on the leg three times.
3. **Optional for advanced practitioners:** pump popliteal lymph nodes to activate the lymph nodes with a circulation boost with a **Squeeze and Release Technique**. Use a soft Body Cup with a weak suction pressure begin medial and work lateral with a Thumb-Fingers Squeeze Position. Pause a few seconds on each release. Perform three times.

Caution: do not glide over lymph node which is contraindicated.

4. Posterior Thigh Sequence

1. Perform **Kneading**: stand on left side of massage table and knead the left thigh with hands. Perform three times
2. Perform **The Cup Effleurage**: stand on side of massage table and drain the thigh using the soft Body Cup or Super Cup with weak suction pressure and a slow speed; start above popliteal lymph nodes and glide to upper thigh/buttocks with L-shape Hand Position. Begin medial with left hand in L-shape Hand Position and work lateral with slow glides covering the full thigh, switch hand positions on the lateral side. Maintain full hand contact to avoid stinging. Perform three times.
3. Perform **The Fish Bite**: using the soft Body Cup or Super cup with a moderate speed and weak to medium suction pressure, start above the popliteal lymph nodes and perform Thumb-Fingers Squeeze Hand Position while gliding the cup with a L-shape Hand Position to the upper thigh/buttocks. Begin medial with one hand in L-shape Hand Position and work lateral with slow glides covering the full thigh, switch hand positions on the lateral side. Perform three times.

Note: when using the Super Cup, stand on the side of the massage table and use both hands to squeeze and release to mitigate hand-fatigue.

4. Perform **Vibrations**: using soft Body Cup or Super Cup with weak to medium suction pressure and a moderate speed; start above the popliteal lymph nodes and jostle/shake the cup with a Thumb-Fingers Squeeze Hand Position while gliding the cup with a L-shape Hand Position to the upper thigh. Begin medial with one hand in L-shape Hand Position and work lateral with slow glides covering the full thigh, switch hand positions on the lateral side. Perform three times.
5. Perform **Circles**: using soft Body Cup or Super Cup with weak to medium suction pressure and moderate speed; start above the popliteal lymph nodes and glide to upper thigh with Triangle Hand Position. Begin medial and split the thigh into three sections and move lateral

performing medium circles. Always maintain full hand contact for the benefit of combining positive and negative pressure simultaneously. Perform three times.

6. Perform **Zigzags** using soft Body Cup or Super Cup with weak to medium suction pressure with a moderate speed with a Thumb-Fingers Squeeze Hand Position; start above the popliteal lymph nodes, glide cup from center of thigh to medial side in a zigzag pattern to the upper thigh. Continue the center of the thigh above the popliteal lymph nodes and glide to lateral side in a zigzag pattern to the upper thigh. Perform three times.
7. Perform **The Cup Effleurage**: stand on side of massage table and drain the thigh using the soft Body Cup or Super Cup with weak suction pressure and a slow speed; start above popliteal lymph nodes and glide to buttock with L-shape Hand Position. Begin medial with left hand in L-shape Hand Position and work lateral with slow glides covering the full thigh, switch hand positions on the lateral side. Maintain full hand contact to avoid stinging. Perform three times.

5. Posterior Lower Leg Sequence:

1. Perform **Kneading**: stand on side of massage table. Knead the gastrocnemius and calcaneal tendon. Perform three times.
2. Perform **The Cup Effleurage**: by slowly draining the left lower leg using the Soft Body Cup or Super Cup with weak suction pressure, start two inches above calcaneus and glide slowly to below popliteal lymph nodes with L-shape Hand Position. Begin medial with one hand in L-shape Hand Position and work lateral with slow glides covering the lower leg, switch hand positions on the lateral side. Maintain full hand contact to avoid stinging. Perform three times.
3. Perform **The Fish Bite**: using the soft Body Cup with weak to medium suction pressure with a moderate speed; start two inches above calcaneus perform Thumb-Fingers Squeeze Hand Position while gliding the cup with a L-shape Hand Position to below popliteal lymph nodes. Begin medial with one hand in L-shape Hand Position and work lateral with slow glides covering the full lower leg, switch hand positions on the lateral side. Perform three times.
4. Perform **Circles**: using soft Body Cup with weak to medium suction pressure, start two inches above calcaneus perform circles while gliding the cup with a moderate speed with a Triangle Hand Position to below popliteal lymph nodes. Begin medial and split the lower leg into three sections and move lateral and perform medium size circles. Always maintain full hand contact for the benefit of combining positive and negative pressure simultaneously. Perform three times.
5. Perform **Zigzags**: using soft Body Cup with weak to medium suction pressure with a moderate speed; start two inches above calcaneus glide cup from center of lower leg to medial side in a zigzag pattern to below popliteal lymph nodes with a L-shape Hand Position. Continue the center of the lower leg start two inches above calcaneus and glide to lateral side in a zigzag pattern to below the popliteal lymph nodes. Repeat three times.
6. Perform **Hands-On Effleurage**: on the full leg. Perform three times.

Repeat Posterior Leg, Thigh, & Lower Leg Sequences on opposite leg

Upon completion of both legs, have client turn over to supine position.

Professional Tip: always ensure that your hands are flat on the body to avoid the pinching effect caused by fluid retention in this region.

6. Anterior Leg & Upper Leg Sequence

1. Expose left with proper draping protocol. Press 2-4 drops of the chosen Pure Essential Complex Oil on the full left leg and foot.
2. Apply prescribed Bellabaci Professional Massage Oil liberally over leg. Perform **Hands-On Effleurage** on the full leg three times.
3. Perform **Kneading**: stand on left side of massage table and knead the left quadriceps with hands. Perform three times.
4. Perform **The Cup Effleurage**: by draining left quadriceps using the soft Body Cup or Super Cup with weak suction pressure; start above patella and glide slowly to Anterior Inferior Iliac Spine (AIIS) with L-shape Hand Position. Begin medial with one hand in L-shape Hand Position and work lateral with slow glides covering the full quadriceps, switch hand positions on the lateral side. Maintain full hand contact to avoid stinging. Perform three times.
5. Perform **The Fish Bite**: using the soft Body Cup or Super cup with weak to medium suction pressure with a moderate speed; start above the patella and perform Thumb-Fingers Squeeze Hand Position while gliding the cup with a L-shape Hand Position to the Anterior Inferior Iliac Spine (AIIS). Begin medial with one hand in L-shape Hand Position and work lateral with slow glides covering the full quadriceps, switch hand positions on the lateral side. Perform three times.
Note: When using the Super Cup, stand on the side of the massage table and use both hands to squeeze and release to avoid hand-fatigue.
6. Perform **Vibrations**: using soft Body Cup or Super cup with weak to medium suction pressure with moderate speed; start above the patella and jostle/shake the cup with a Thumb-Index Finger Squeeze Position while gliding the cup with a L-shape Hand Position to the Anterior Inferior Iliac Spine (AIIS). Begin medial with one hand in L-shape Hand Position and work lateral with slow glides covering the full thigh, switch hand positions on the lateral side. Perform three times.
7. Perform **Circles**: using soft Body Cup or Super Cup with weak to medium suction pressure with moderate speed; start above the patella using the Triangle Hand Position. Begin medial and split the quadriceps into three sections and move lateral and perform medium size circles. Always maintain full hand contact for the benefit of combining positive and negative pressure simultaneously. Perform three times.
8. Perform **Zigzags**: using soft Body Cup or Super Cup with weak to medium suction pressure with moderate speed with a Thumb-Fingers Squeeze Hand Position, start above the patella using the L-Shaped Hand Position. Begin above the patella at the midline of the thigh and glide with a zigzag pattern on medial side for three times and perform on lateral side. Perform three times.
9. Perform **The Cup Effleurage**: by slowly draining the left quadriceps using the soft Body Cup or Super Cup with weak suction pressure, start above patella and glide slowly to Anterior Inferior Iliac Spine (AIIS) with L-shape hand Position. Begin medial with one hand in L-shape and work lateral with slow glides covering the full quadriceps, switch hand positions on the lateral side. Maintain full hand contact to avoid stinging. Perform three times.
10. Perform **Hands-On Effleurage** on the leg. Perform three times.

7. Anterior Lower Leg

1. Perform **Knuckling**: stand on side of massage table and knuckle the anterior lower leg lateral and medial with a knuckle roll. Perform three times.
2. Perform **The Cup Effleurage**: by draining the left lower leg using the soft Body Cup with weak suction pressure, start above the ankle and glide slowly and end below the patella with L-shape Hand Position. Begin medial with left hand in L-shape Hand Position and work lateral with slow glides covering the lower leg, switch hand positions on the lateral side. Perform three times.
3. Perform **The Fish Bite**: using the soft Body Cup with weak to medium suction pressure, start above the ankle perform Thumb-Fingers Squeeze Hand Position while gliding the cup with a L-shape Hand Position ending below patella. Begin medial with left hand in L-shape Hand Position and work lateral glide with a moderate speed covering the lower leg, switch hand positions on the lateral side. Perform three times.
4. Perform **Circles**: using soft Body Cup with weak to medium suction pressure, start above the ankle and perform circles while gliding the cup with a Triangle Hand Position below patella. Begin medial and split the lower leg into three sections and move lateral and perform medium size circles. Always maintain full hand contact for the benefit of combining positive and negative pressure simultaneously. Perform three times.
5. Perform **Zigzags**: using soft Body Cup with weak to medium suction pressure with a Thumb-Fingers Squeeze Hand Position, start above ankle and glide cup from center of lower leg to medial side in a zigzag pattern below patella and guide with a L-shape Hand Position. Continue the center of the lower leg above ankle and glide to lateral side in a zigzag pattern to below the patella. Perform three times.
6. Perform **Hand-On Effleurage** on lower leg. Perform three times.

8. Anterior Foot

1. Apply prescribed Bellabaci Professional Massage Oil liberally over the foot. Perform **Gliding Compression** on the dorsal and plantar of the foot. Perform three times.
2. Perform **The Boat**: stand at the feet of the massage table and use soft Body Cup with a weak suction pressure, twist the cup on the bottom of the foot with a Thumb-Fingers Squeeze Hand Position. Perform three times.
3. Perform **Thumb Frictions**: use the thumbs with a firm pressure gliding back and forth to massage the plantar of the foot supporting with your fingers on the dorsal of the foot. Perform three times.
4. Perform **Knuckling**: use a loose fist massage with the knuckles at the metatarsals to cuboid ending at the calcaneus. Place other hand on the dorsal side of the foot to stabilize the foot. Do not extend the knuckles past 45 degrees. Perform three times.

Repeat Anterior Leg & Foot Sequences on opposite side.

9. Stomach Sequence

1. Expose stomach with proper draping protocol. Press 2 drops of the chosen Pure Essential Complex Oil on rectus abdominis and external obliques area.
2. Apply prescribed Bellabaci Professional Massage Oil liberally on stomach. Perform ***Hands-On Effleurage*** on the stomach. Perform three times.
3. Perform ***Kneading***: stand on side of massage table and knead both sides of the stomach with hands. Perform three times.
4. Perform ***Drain***: stand on side of massage table and slowly drain the rib cage using the soft Body Cup or Super Cup with weak or medium suction pressure and glide slowly. Start at the lower external obliques and glide slowly with L-shaped Hand Position from lateral to medial mid-line. Perform numerous paths while working superior on the rib cage. Perform on both sides. Perform three times.
5. Perform ***The Cup Effleurage*** along colon using the soft Body Cup with weak suction pressure, start right of navel and glide with a Thumb-Fingers Squeeze Hand Position slowly toward colon and across and down other side with L-shape Hand Position in a clockwise direction with two rotations. Perform five times.
6. Perform small ***Circles*** along colon using the soft Body Cup with weak suction pressure, start left of navel and glide with an Over-the Top Hand Position slowly toward colon and across and down other side glide with L-shape Hand Position in a clockwise direction. Perform five times.
7. Perform ***Hands-On Effleurage*** on the stomach. Perform three times.

10. Arm Sequence

1. Expose arm with proper draping protocol. Press 2 drops of Pure Essential Complex Oil on shoulder, elbow, wrist, and hand.
2. Apply prescribed Bellabaci Professional Massage Oil liberally over arm. Perform **Hands-On Effleurage** on the arm for three times.

Upper Arm

3. Perform **The Cup Effleurage**: by draining the upper arm using the soft Body Cup with weak suction pressure using the L-Shape Hand Position with a slow speed. Start above elbow and glide slowly and end at the top of the shoulder. Begin medial with left hand in L-shape Hand Position and work lateral with slow glides covering the upper arm, switch hand positions on the lateral side. Perform three times.
4. Perform **The Fish Bite** from elbow to upper arm using the soft Body Cup with weak suction pressure with a Thumb-Fingers Squeeze Position, start above the elbow and move toward the shoulder guiding with L-shape Hand Position with 3-4 paths, switch hand positions on the lateral side. Perform three times.
5. Perform **Circles** with soft Body Cup with a weak to medium suction pressure guiding with L-shape Hand Position with a moderate speed start above the elbow glide to the shoulder, covering the posterior upper arm in two paths. Perform three times.

Forearm

6. Perform **The Cup Effleurage**: by draining the forearm using the soft Body Cup with weak suction pressure using the L-Shape Hand Position with a slow speed. Start above wrist and glide slowly to elbow. Begin medial with left hand in L-shape Hand Position and work lateral with slow glides covering the forearm, switch hand positions on the lateral side. Perform three paths. Perform three times.
7. Perform **The Fish Bite** using the soft Body Cup with weak suction pressure with a Thumb-Fingers Squeeze Position, start above the wrist and move toward the elbow guiding with L-shape Hand Position work medial to lateral with 3-4 paths, switch hand positions on the lateral side. Perform three times.
8. Perform **Circles** with soft Body Cup with a weak to medium suction pressure guiding with L-shape Hand Position with a moderate speed start above the wrist glide to the elbow. Perform three times.
9. Perform **Hands-On Effleurage** on the arm. Perform three times.

11. Hand Sequence

1. Apply prescribed Bellabaci Professional Massage Oil liberally over hand. Perform full **Gliding Compression** on the hand. Perform three times.
2. Perform **Knuckling** on palm of the hand while the other hand holds the client's hand for stability. Perform three times.
3. Perform **The Boat** with soft Body Cup with weak suction pressure on palm of the hand with a Thumb-Index Finger Squeeze Position. Twist and glide over the palm of the hand while the other hand supports the client's hand for stability. Perform three times.
4. Perform **Thumb Frictions** on the palm of the hand with both thumbs while the remaining hands are supporting the client's hand for stability. Perform three times.
5. Perform **Gliding Compression** on the hand. Perform three times.

Perform Arm & Hand Sequence on other side.

12. Décolletage Sequence

1. Expose décolletage with proper draping protocol. Press 2 drops of the chosen Pure Essential Complex Oil on décolletage.
2. Apply prescribed Bellabaci Professional Massage Oil liberally over décolletage. Perform ***Hands-On Effleurage*** on the décolletage, upper anterior and posterior shoulders. Perform three times.
3. Perform ***Kneading*** on the upper anterior and posterior shoulders and posterior neck. Perform three times.
4. Perform ***Drain:*** drain slowly from mid-line of décolletage out laterally towards axillary lymph nodes with soft Body Cup and light suction pressure with One-handed Over the Top Hand Position and the other hand using a L-shape Hand Position glide slowly covering décolletage. Perform three times. Perform on other side for three times.
5. Perform ***Hands-On Effleurage*** on the décolletage. Perform three times.

13.Face Sequence

1. Apply 2 drops of the chosen Pure Essential Complex Oil to the face by gently using pressure point therapy. Perform an inhalation pass for relaxation. Apply compression to both sides of the cheeks, submental lymph node, submandibular lymph node under jaw line, and temple and jaw.
2. Apply prescribed Bellabaci Professional Massage Oil liberally over face. Perform ***Hands-on Effleurage*** on the face. Perform three times.
3. ***Drain*** with a soft Facial Cup with weak suction pressure using Thumb-Fingers Squeeze Hand Position
 - a. Glide from third eye or Procerus laterally across the Frontalis; start at the brow line and work upward to hair line.
 - b. Glide cheek midline outwards
 - c. Glide chin midline outwards including jawline
 - i. Perform three times.
4. Perform ***The Fish Bite*** with a soft Facial Cup with weak suction pressure using Thumb-Fingers Squeeze Hand Position, starting at the forehead from the mid-line outwards following the lymphatic pathways down to the neck. Use a very weak suction pressure on the neck. Perform three times.
5. Perform Small ***Circles*** with a soft Facial Cup with weak suction pressure using Thumb-Fingers Squeeze Hand Position, starting at the forehead from the mid-line outwards following the lymphatic pathways down to the neck. Use a very weak suction pressure on the neck. Perform three times.
6. Perform Large ***Circles*** with a soft Facial Cup with weak suction pressure using Thumb-Fingers Squeeze Hand Position, starting at the forehead from the mid-line outwards following the lymphatic pathways down to the neck. Use a very weak suction pressure on the neck. Perform three times.
7. Perform ***The Cup Effleurage*** with a soft Facial Cup using a weak to medium suction pressure using Thumb-Fingers Squeeze Hand Position glide in a triangle direction starting at the corner of the eye to the temple to the Zygomatic bone and back to the starting point. Perform three times.
8. Perform ***The Cup Effleurage*** with a soft Bambino Cup using a weak to medium suction pressure using Thumb-Fingers Squeeze Hand Position with up and down strokes on the Nasolabial fold. Perform three times.
9. Perform Large ***Circles*** with a soft Facial Cup with weak suction pressure using Thumb-Fingers Squeeze Hand Position on the Temporomandibular Joint and jawline including the chin. Perform three times.
10. Perform ***Hands-on Effleurage*** on the face and décolletage. Perform three times.

Repeat on the right side of the face