

“THE FACIAL CUPPING EXPERT” 6 STEPS PROTOCOL



1st step
Prepare your
skin



2nd step
Stimulate your
lymphatic
system



3rd step
Sculpt your
Jawline and
plump your
Cheeks



4th step
Softening Crow's
Feet &
forehead lines



5th step
Eliminate fine
lines on delicate
areas and
plump your lips

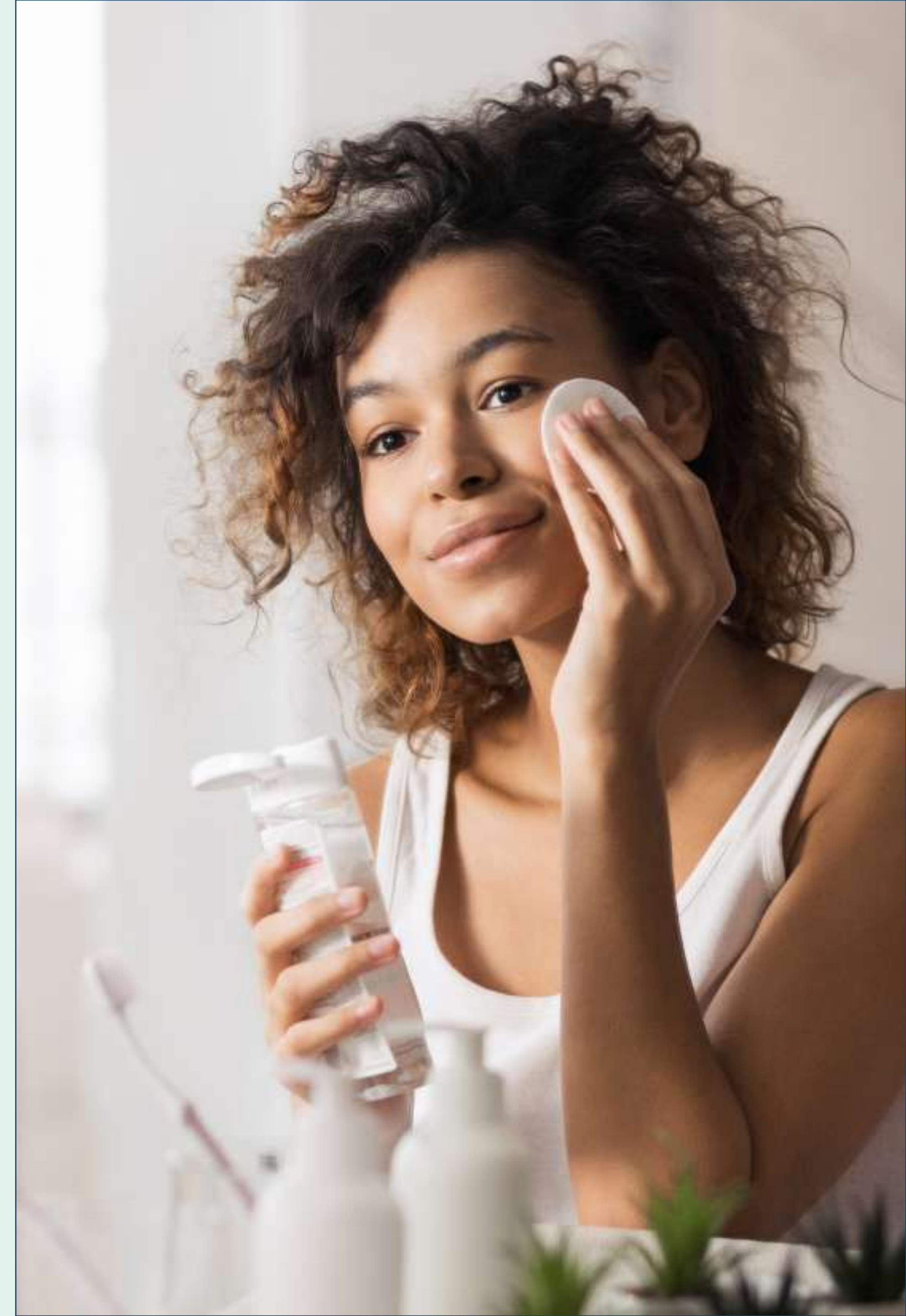


6th step
Skin care routine



1ST STEP: PREPARE YOUR SKIN

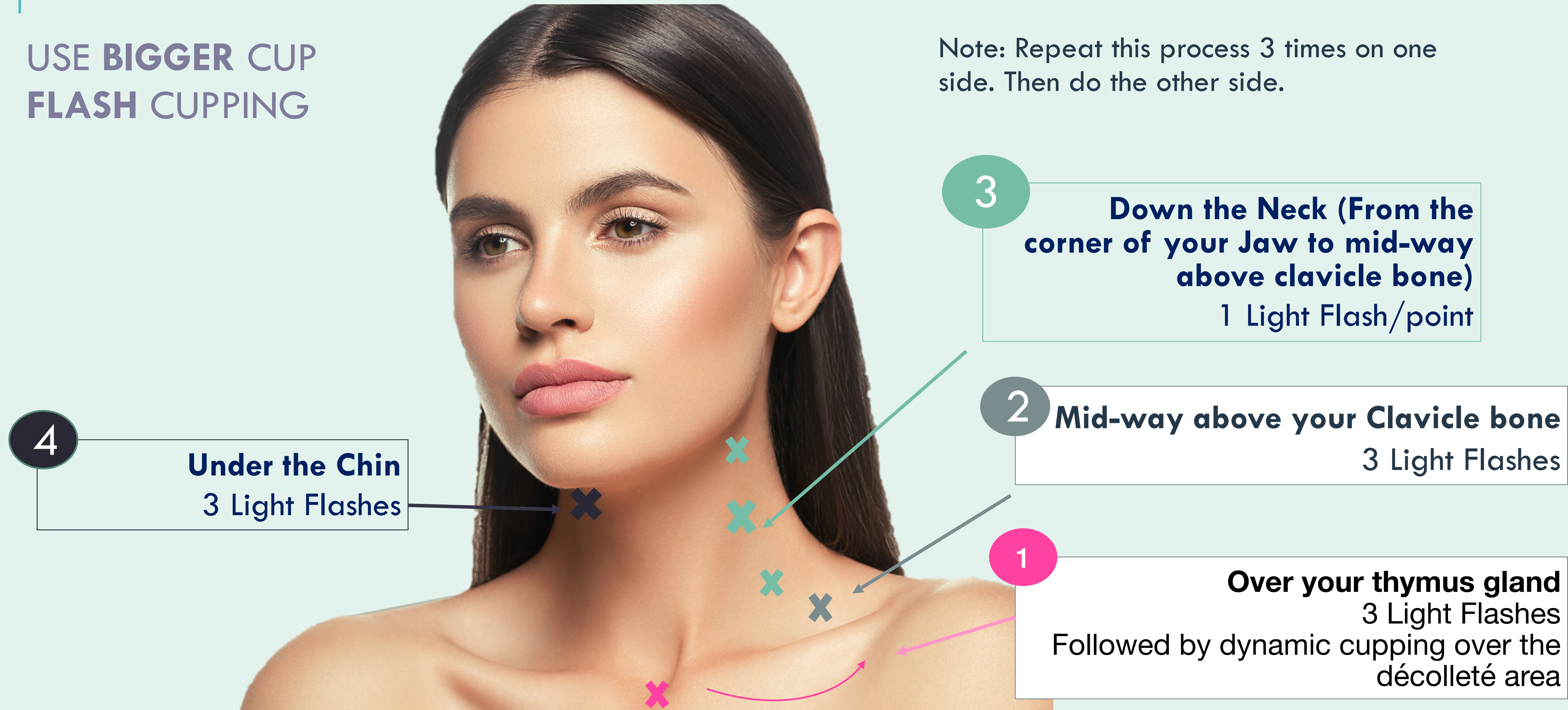
- Wash & Dry your Face
- Apply Oil generously
- Dry Hands



2ND STEP: STIMULATE YOUR LYMPHATIC SYSTEM

USE **BIGGER CUP**
FLASH CUPPING

Note: Repeat this process 3 times on one side. Then do the other side.



3RD STEP: SCULPT YOUR JAWLINE AND PLUMP YOUR CHEEKS

USE **BIGGER CUP**
DYNAMIC CUPPING

Note: Repeat this process 3 times on one side. Then do the other side.

1 **Chin:** From the Chin to Earlobe
→ 3 times

2 **Cheek:** From Nasolabial Fold to Earlobe
(Down, Middle, Up)
→ 3 times



4TH STEP: SOFTEN CROW'S FEET & FOREHEAD LINES

USE BIGGER CUP
FLASH & DYNAMIC CUPPING

2

Worry Line: Start between eyebrows slide Upright or along the “1 1”
3 times

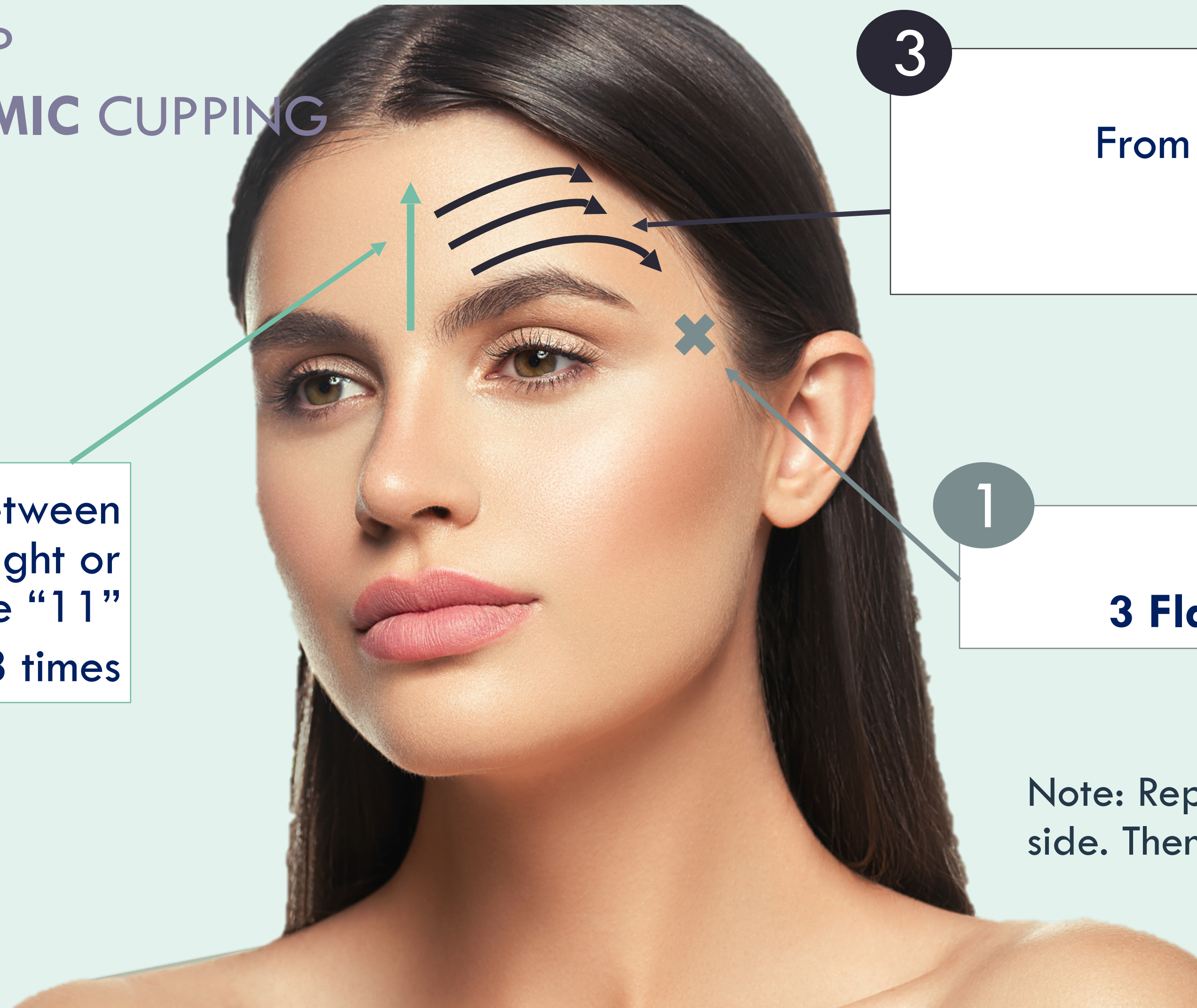
3

Forehead:
From Centreline forehead laterally
(Down, Middle, Up)
3 times

1

Crow's Feet:
3 Flashes over Crow's Feet

Note: Repeat this process 3 times on one side. Then do the other side.



5TH STEP: ELIMINATE FINE LINES ON DELICATE AREAS AND PLUMP YOUR LIPS

USE **SMALLER CUP**
FLASH and **DYNAMIC CUPPING**

2

Under the eyes:

→ **3 Flashes** Under lower eyelash towards outside of eye area

3

Above Eye:

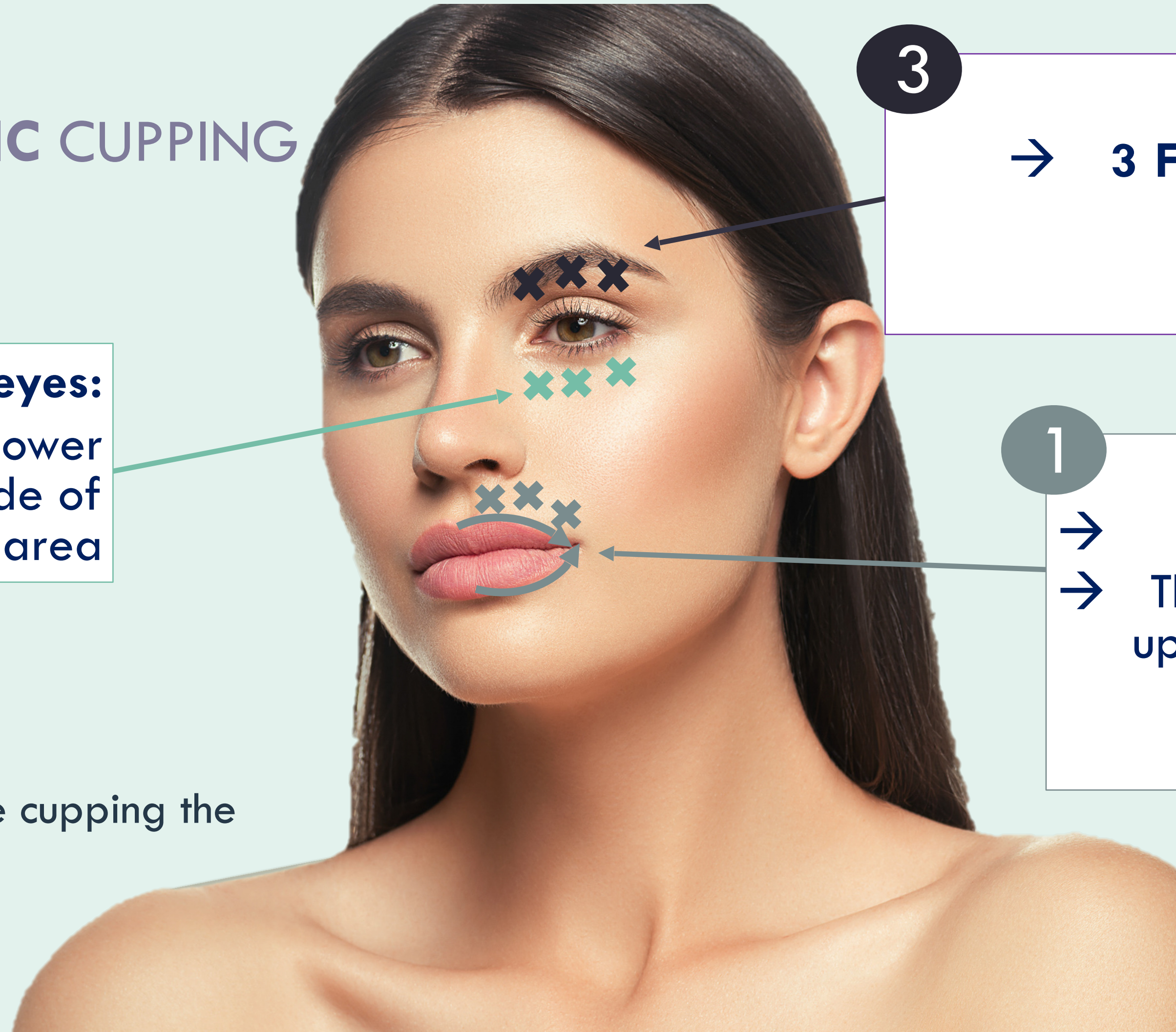
→ **3 Flashes** Under eyebrow toward temporal area

1

Lips:

→ **3 flashes** above the lips
→ Then Dynamic Cupping from the upper middle of the lips towards the outside of the lips
3 times

Note: Repeat 3 time before cupping the other side of your face.



6TH STEP: SKIN CARE ROUTINE

If you feel hot: Jade Roller

If you are using a common oil (almond, coconut, rosehip):

- Remove excess oil
- Continue with your usual night or day skin care routine

If you are using a specialised anti-age oil, or our Prickly Pear Seed oil:

- Simply leave oil on your face.

