



## EASY FACIAL CUPPING AT HOME

Your Simple Guide for Healthy, Rejuvenated Skin

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Full-color photography throughout | TP | 7" x 10"

### TREAT YOURSELF TO THE ANTI-AGING BENEFITS OF FACIAL CUPPING WITHOUT THE EXPENSE OF A PROFESSIONAL COSMETIC PROCEDURE

Facial cupping is a safe, non-invasive and easy practice designed to highlight cheekbones, define the jawline, tighten skin and target those dreaded drooping jowls. You will learn how to prepare your skin, which equipment and products to use and all the proper procedures for best results. Facial cupping increases circulation while stimulating natural collagen and elastin production. Increased blood flow delivers oxygen and nutrients to alleviate the signs of stress and inflammation while giving the face a youthful glow. Facial cupping is similar to body cupping, as both increase circulation, relieve tension and help to defend the body against infections.

Author Shannon Gilmartin is a cupping expert with decades of experience teaching and administering the treatment. With Shannon's expertise, you'll quickly master this age-old practice and skip expensive sessions with a dermatologist or esthetician.

#### Key Takeaways:

- This book will teach you safe, effective and proper methods of facial cupping that you can do on your own.
- Facial cupping is for people who want more youthful skin without the use of injectables or fillers.
- Facial cupping has been used in traditional medicine for centuries.
- 60 step-by step photos and clear easy-to-follow directions.
- Diverse models of different ages, ethnicities, and genders.
- Includes directions for use with facial hair.
- Includes information for working with Cosmetic Injections.
- Details on cupping equipment and products.
- Unlike body cupping, facial cupping, when properly administered, will not leave a mark.
- **Stat:** "The global Non-invasive Aesthetic Treatment market size was valued at USD 5538.74 million in 2021-2022 and is expected to expand at a CAGR of 11.02% during the forecast period, reaching USD 10373.44 million by 2030." – MarketWatch
- **News:** "Facial cupping has been shown to: increase oxygen-rich blood circulation, strengthen skin and connective tissues. stimulate cells responsible for collagen production."-- Healthline

#### About the Author:

**SHANNON GILMARTIN** is a certified massage therapist, certified manual lymph drainage practitioner and certified modern cupping therapy practitioner and educator. Author of The Guide to Modern Cupping Therapy, she has over 20 years of experience in therapeutic bodywork. She has taught all over the United States and abroad and practices in Virginia Beach.

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