

— MODERN CUPPING THERAPY SERIES —



FACE & BODY CUPPING



**A Step-by-Step Guide
to Lymph Drainage
for Professional
Cosmetic Rejuvenation,
Cellulite Reduction
& Contouring**

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PART I

GETTING STARTED WITH CUPPING BODYWORK

CHAPTER 1

THE SCIENCE OF HOW CUPPING AFFECTS THE BODY

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KNOW YOUR ANATOMY

This book is designed to inform the reader about cupping and its effects on human anatomy. To understand the contents, you will want to familiarize yourself with the following terms and anatomical details.

Body systems are the grouped organs and complementary body parts that make up our anatomy. Our body is made up of many systems, each with its own function. They include the integumentary, circulatory, muscular, skeletal, respiratory, digestive, reproductive, nervous, endocrine and exocrine systems.

The *circulatory system* is a body system that provides many vital functions and is broken into two subdivisions: the cardiovascular system, which controls blood movement, and the lymphatic (lymphovascular) system, which controls lymph movement.

Blood Vessels and Circulation

Blood circulates through a complex network of vessels, providing oxygen and vital nutrients to every part of the body, especially the superficial layers of anatomy involved with cupping bodywork. Nutrient- and oxygen-rich blood leaves the heart via the aorta, which branches out into arteries that decrease in size to arterioles, eventually becoming minuscule *capillaries*.

At this microscopic level, blood is both distributed and begins its re-collection through a complex network of fluid-exchange processes known as *microcirculation*.

Venous return begins blood's route back to the heart. The venules (the smallest segment of veins) re-collect nutrient-deficient and deoxygenated blood from the capillaries, eventually becoming larger veins, which ultimately return to the heart via the superior and inferior vena cava. This deficient blood cycles through the right side of the heart, then travels into the lungs for oxygen replenishment before returning to the left side of the heart when the entire cycle begins again.

Capillaries are the smallest segments of bodily fluid moving vessels within the circulatory system. Blood vessels are involved with blood microcirculation, and lymph vessels are involved with lymph movement.

Lymph is a bodily fluid composed of cells (white blood cells, red blood cells, lymphocytes), proteins, water, fats (intestinal lymph), various metabolic waste products and other foreign

Circulatory System



Lymphatic System



substances. This fluid exists in the interstitial spaces of the body and is collected, filtered and circulated within the many vessels of the lymphatic system. As a component of the circulatory system, lymphatic circulation is involved with maintaining bodily fluid levels of the body. Additionally, the lymphatic system serves important immunological functions.

Soft tissue is a general term used to describe various types of tissue structures in the body. While no tissue substance of the body is solid, bone is an example of a dense tissue structure. Soft tissue can be used to describe skin, muscle, fascia and even visceral organs. In this book, soft tissue is generally used to describe the more superficial layers of anatomy — skin, muscles and fascia.

Fascia is a form of connective tissue that exists in every part of the body. It is involved with every tissue structure (including skin, circulatory vessels, muscles, organs and bones), envelops every part of our anatomy and holds our bodies together.

Adhesions are defined as any two or more anatomical structures stuck together that shouldn't naturally be. These "stuck" areas are generally formed from injuries or inflammation but can also occur from a combination of repetitive muscle contractions, dehydration and poor circulation. Adhesions (also described as restrictions) can inhibit circulation, lymph drainage and muscle relaxation. This applies to face wrinkles that form between skin, muscle and fascia and also cellulite dimples that form over other locations on the body, such as the hips, thighs and abdomen.

PRIMARY PHYSIOLOGICAL RESPONSES TO CUPS ON THE BODY

Understanding how cups work on a physiological level provides some insight into why cups have been used for cosmetic enhancement and overall wellness throughout recorded history. While each body system will have a different reaction to cupping, there are a few basic physiological responses that occur when cups are applied to the body.

ANATOMY FYI

The term *physiology* refers to how a body operates, its normal bodily functions. *Physiological response* refers to the way a body naturally responds to something such as an external stimulus.

The primary physiological responses to cupping include:

- Negative pressure
- Vasodilation
- Enhanced fluid exchange

Keep these three physiological responses in mind as we progress into a deeper understanding of why cupping is so effective.

Negative Pressure

Once applied, cups lift the tissue and take effect with *negative pressure*. This is profoundly different from hands-on treatments such as massage therapy that use positive pressure, that is, pressing into the skin, to evoke a physiological response.

Ideally, soft tissues are hydrated, supple and pliable. However, there are many reasons that this healthy state of being can change, creating restrictions within the many layers of soft tissue. When soft tissues remain stuck together, adhesions form, contributing to soft tissue dysfunction on many levels.

One of the greatest positive effects of cups on the body is this negative pressure response within the layers of soft tissue, including skin, fascia and muscles. Rather than pressing, cups use negative pressure. This negative pressure creates a pulling action, which allows for the separation of fused or adhered tissue. Think of this negative pressure as plumping the skin, pulling in nutrient-rich blood flow and releasing indentations where tissues are compressed.

Vasodilation

Vasodilation is a physiological response to this applied negative pressure that allows for blood and lymph vessels to expand, thereby improving their functions. When cups are applied, they stimulate a local response within the underlying tissue structures, promoting the release of vaso-activating chemicals such as acetylcholine, adenosine and histamines, which encourage blood vessels to dilate. This dilating response even affects the pores in our skin, aiding in cleansing the skin and helping it to better absorb skincare products.

Again, while hands-on treatments increase vascular dilation to encourage circulation of blood and lymph, cupping does this with negative pressure, which allows for the next response — enhanced fluid exchange — to be so powerful.

Enhanced Fluid Exchange

By activating vasodilation, cupping has a powerful effect on the movement of blood, lymph and interstitial fluids (fluids that surround cells). When capillaries are dilated, blood and lymph mobility are greatly enhanced. Cups act as a vacuum, drawing fluids into an area when applied. Then when they are removed, the processes of fluid uptake and recirculation are greatly improved, too. Cups boost blood distribution while also encouraging venous return and lymph fluid movements. This enhanced fluid-exchange combination of output and uptake has a wonderfully therapeutic, suction-pump effect on the body.

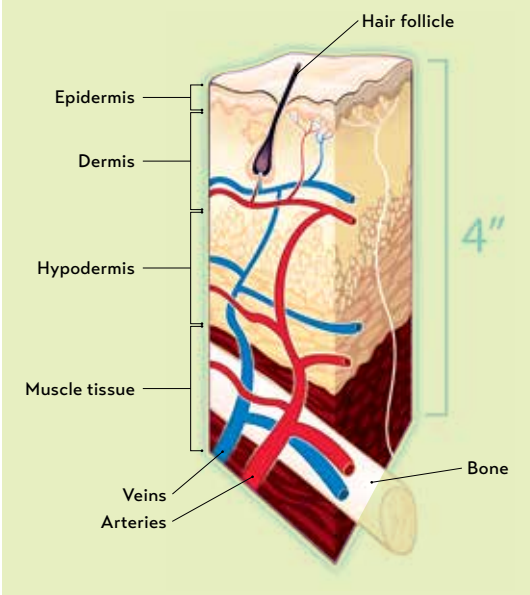
The combination of these three actions — negative pressure, vasodilation and enhanced fluid exchange — allows for some incredible reactions to take place within the body. This is especially true for the superficial layers of soft tissue that are involved with cupping applications for cosmetic purposes.

DID YOU KNOW?

People often report feeling itchy after cups have been applied. This is a common response to the increased histamines in the area caused by the vasodilating effects of the cups.

CUPPING 101

Cups can affect tissue as far as 4 inches (10 cm) into the human body.



CUPPING EQUIPMENT

There are many types of equipment designed for various cupping applications. The most popular cupping sets are made of glass, silicone or plastic. There are also cupping machines that have become quite popular over the past few years, bringing cupping practices to a whole other level!

SAFETY POINT

TAKE CARE

Beyond the general usage and cleaning instructions detailed in this chapter, be sure to check package information or manufacturing recommendations for each set of cups and their proper care.

As with any product, it's important to work with the kinds of cups that best suit your personal or professional needs, preferences and budget. Some cups, such as silicone cups, are recommended for self-care treatments because they are easier to apply, while others, such as the manual pump cup sets, have benefits when applying them to other people because they make it easier to vary suction pressure and come in multiple sizes.

Like any other product, cups vary in quality, functionality and durability. Different grades of plastics are more or less durable. Some are made from different materials for clinical use; for example, while all cups can be disinfected, glass cups or high-quality plastic cups can be professionally sterilized. Those who are using cups for self-care purposes only don't have the same needs as someone working in a clinical environment. Every

EXAMPLES OF SILICONE FACE CUPS



person will gravitate toward their own set of cups, choosing what best suits their needs.

Of the many types of cups and cupping devices out there, the following are most recommended. They are simple to use, easy to clean and able to sustain the rigor of daily therapeutic bodywork. And while cups are sold in many places — health supply stores, pharmacies, bodywork educational companies, and even online — it is best to purchase units from a reputable source. (See *Resources*, page xx, for recommendations.)

The most popular cupping sets are the following:

For the Face

- **Silicone face cups:** These sets are good for personal and professional care and are usually sold with two or three cup sizes.
- **Glass face cups:** Due to their fragility and cleaning requirements, these sets are best for experienced cupping practitioners.

For the purposes of this book, we recommend glass face cups for professional usage, and silicone cups for self-care.

EXAMPLES OF GLASS FACE CUPS



SAFETY POINT

GLASS CUPS

I do not recommend using glass cups for the type of body cupping described in this book, as these fast-paced applications may lead to dropped cups and no one wants to break a cup! If you are a trained professional who prefers glass cups, or perhaps you own a cupping machine with glass cups, then you can proceed with caution.



PART II

FACE CUPPING

CHAPTER 7

FACE CUPPING STEP-BY-STEP TREATMENT

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OVERVIEW OF TREATMENT PROCESS



A Total Face Experience

This face-cupping treatment is intended to address the face and head as one unit and in the specific order in which it is laid out in this book. Because the treatment generally follows the lymph drainage pathways of the head and neck, each step follows a systematic, logical method of application.

Do not start or work on any region out of order, as this can have an adverse effect on the lymphatic activity in the face and head. Always follow the eight steps laid out here in order.

When done correctly, the treatment simultaneously supports lymph drainage while boosting regional microcirculation. That allows for optimal nutrient-rich distribution and lymph waste removal with every pass of the cup. It also addresses the muscles of the face and any tension they may hold, and helps to alleviate the adhesions between the muscles and skin as they relate to wrinkle formation.

This treatment has multi-faceted benefits every time you do it!

Where to Begin

When working on both sides of the body, we often work first on one side and then the other. Practitioners usually follow general lymph drainage guidelines and begin with the left side of the body, which houses the more powerful drainage vessels. While working both sides of the face and head simultaneously is the general treatment method of manual lymph drainage, working one side of the face at a time is just as effective and most comfortable for beginners or self-care.

Choosing to start with the left side of the face will stimulate the left thoracic duct, which is responsible for the more powerful drainage in the “terminal” lymph ducts located in the upper chest.

In clinical settings there may be cupping machines that have bifurcated hoses that allow both sides of the face to be treated at the same time. Or perhaps an experienced clinician has two sets of cups and is ambidextrous with their methods of application, which allows them to treat both sides of the face at once.

In this book, however, we will address one side of the face completely, then the other. That means the face-cupping treatment will be demonstrated across the left side of the face. Once the entire left side of the face has been completed, return to *Step 1* and begin treating the right side of the face.

Using This Book While You Work

The best way to use this book is to work alongside each page you are on, one step at a time. There are step-by-step instructions, including starting points, line(s) of movement, end points and the recommended treatment process. Also included are safety point reminders, anatomy tidbits and helpful suggestions wherever applicable.

At the end of the face-cupping step-by-step sequence is a *Face-Cupping Map* (page xx) that lays out the entire treatment process on one page, in one image. This image is useful as a summary as well as a one-page treatment guide. Once you get familiar with the entire treatment process, you will be able to use this one-page map to follow along with as needed. The charted instructions for each of the eight steps will guide you through the sequence — no page turning necessary.

ANATOMY FYI

The **left thoracic duct** is the more powerful of the “terminal” lymph ducts, as it drains the left side of the head and neck, left upper torso, left arm, visceral organs, and both legs via its connection to the **cisterna chyli**. The cisterna chyli is lymphatic sac that forms a junction between the drainage vessels of the lower body and the left thoracic duct. The **right lymphatic duct** receives lymph from the right head and neck, right upper torso and right arm.

STEP-BY-STEP FACE CUPPING

The following step-by-step instructions are meant to be followed along with the *Face-Cupping Map* (page xx). The recommended method of treatment is to read each step first and, when you are familiar with the process, review it as needed alongside the *Face-Cupping Map*.

To complete the treatment, simply follow the steps, treat each section of the face evenly (three to five passes over every cup-width), repeat the Universal Pass where indicated and then continue to the next step. There are eight steps in all.

Before You Begin

Remember to apply face oil to the entire face before starting face cupping. Be sure to apply a generous amount of recommended oil before you begin. Don't use so much oil that it is dripping, but use more than just a small amount. The average face will allow for a coin-sized amount of oil.

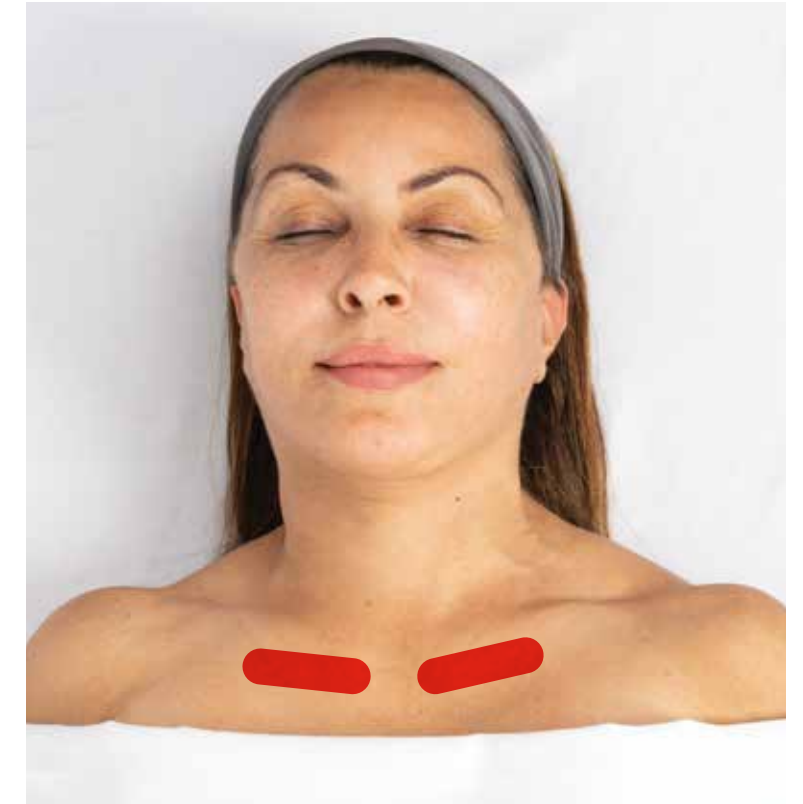
Don't forget to wipe your hands clean after you apply the oil and before you pick up the cup so that it does not slip out of your hands.



STEP 1

The Upper Chest

To begin the process of lymph drainage for the face, we first address the upper chest. Often referred to as the “initial placements,” this area is where the entire treatment begins to start the drainage process effectively. Also, this will be the end point for every Universal Pass, to keep fluids moving efficiently to the drainage end points of the face and head. This area involves the supraclavicular lymph nodes located around the sternoclavicular notch, which connect directly to the thoracic duct regions (left and right, respectively), the “terminal” end points for lymph drainage of the entire body.



Why Cup the Upper Chest?

In manual lymph drainage, all lymphatic stimulation begins in this region, addressing the supraclavicular lymph nodes. The exact location to stimulate is located just above the clavicles within the endangerment site of the anterior triangle, so applying the cups in this upper chest space will safely stimulate the lymph nodes indirectly. Treating this area “unclogs the drain” to clear the path so the lymph collected from the neck and face can drain more efficiently. Every time you travel down the Universal Pass, this is where it will end.

Cupping this small area is quick to do and it stimulates all the lymph nodes in the region.

EXCEPTIONS AND WHAT-IFS

Chest hair? Follow the cup-free recommendations.



The Upper Chest

LOCATION

This area is just under the clavicle, in the soft tissue space where the clavicle meets the sternum at the sternoclavicular notch. The area to address is small: it covers approximately two flattened fingers'-width of space, from the sternum to about the middle of the upper chest, directly under the clavicle. The total area covered is three cup placements.

STARTING POINT

Start directly below the sternoclavicular notch, just off center of the sternum (left or right side, respectively) in the soft tissue space.

LINE OF MOVEMENT

Move from just below the sternoclavicular notch, progressing outward toward the side of the chest.

END POINT

End in the middle of the upper chest, below the center of the clavicle.

TREATMENT PROCESS

- Attach the cup at the starting point.
- Using lift-and-release, follow this small line of movement across three cup placements. Count them — one, two, three locations.
- That's it. This is a simple, quick and effective way to start the entire drainage process.
- Repeat this line of movement three to five times, then continue to *Step 2: The Front of the Neck*.



The Upper Chest

CUP-FREE OPTION

If a cup will not attach to the skin in this section for any reason (for example, chest hair, clothing) or if you have reason to prefer not to use a cup in this area, follow the cup-free option and use your fingers instead to gently stimulate the lymph drainage pathways.

TREATMENT PROCESS

Using the same starting point, line of movement and end points as instructed with cups, use your flattened fingertips to create small half-circles across the surface of the skin.

- As you treat the left side of the upper chest, use your left hand (as in photo above); if you are working on the right side of the upper chest, use your right hand.

- Starting at the midline and progressing outward, gently use your flattened fingers to contact the skin's surface and make a half-circle, lightly stretching the skin up, forward and down (see photo), like an arc of a rainbow.
- Completely remove your fingertips from the skin after every half-circle is completed, then "step" your fingertips to the next location and repeat the process.
- Repeat these gentle, skin-stretching half-circles one finger-tipped placement at a time to address these upper chest points. The average person's upper chest region will accommodate three hand placements.
- Repeat this line of movement three to five times, then continue to *Step 2: The Front of the Neck*.



PART III

BODY CUPPING

CHAPTER 11

BODY CUPPING STEP-BY-STEP TREATMENT

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Step 6: The Front of the Arms and Chest — 000

The Body-Cupping Map — 000

Body Cupping for Self-Care — 000

Quick-Fix Cellulite Shortcuts — 000

OVERVIEW OF TREATMENT PROCESS

A Total Body Experience

This body-cupping treatment is intended to address the entire body as one unit and in the specific order in which it is laid out in this book.

The treatment generally follows the lymph drainage pathways of the body, so it follows a systematic, logical method of application. When done correctly, it simultaneously supports lymph drainage while boosting blood circulation. That allows for optimal nutrient-rich distribution and lymph waste removal with every pass of the cup. It also addresses the fascia and muscles of the body and the tension they may hold, and it helps to alleviate the adhesions between the muscles, fascia and skin as they relate to cellulite formation.

This treatment has multi-faceted benefits every time you do it!

Where to Begin

When working on both sides of the body, we often work first on one side and then the other. Practitioners usually follow general lymph drainage guidelines and begin with the left side of the body, which houses the more powerful drainage vessels. The left thoracic duct is responsible for the more powerful drainage in the “terminal” lymph drainage end points located in the upper chest. Whichever side you begin with, what is most important is to be methodical and thorough with this treatment.

Working both sides of the body simultaneously may be ideal in some instances, but it requires ambidexterity and, usually, a cupping machine with bifurcated hoses and multiple cups.

Working one side of the body at a time is just as effective and most comfortable for beginners or self-care. In this book, the order in which you do the body-cupping treatment is different from the order of the face-cupping treatment. When cupping the face, you first do every step on the left side of the face and then, when the left side is completed, you do every step on the right side. When body cupping, unless otherwise directed, we address one side of the body and then the other side for

each step, and then move on to the next step when both sides are completed.

For example, in *Step 2: The Back of the Upper Body*, you will stimulate the left axillary lymph nodes, then address the left posterior shoulder, then the left upper arm, and then repeat the entire *Step 2* sequence on the right side of the upper body. Before continuing to *Step 3*, you will do the *Finishing the Back of the Upper Body* move to both sides (left then right). As lymph drainage watersheds flow, this upper shoulder section follows its own drainage pathway, different than the pattern for the back of shoulders and arms. This is also the exact same location where you began the entire treatment sequence, *Stimulating the Upper Body for Lymph Drainage*. Another exception will be for the lower body. When addressing the lower extremities (*Step 3* and *Step 5*), be sure to treat one entire leg before going to the other leg.

The entire body-cupping sequence is illustrated on the left side of the body in each photo, with instructions to address the right side of that section after completing the left.

Using This Book While You Work

The best way to use this book is to work alongside each page you are on, one step at a time. There are step-by-step instructions, including starting points, line(s) of movement, end points and the recommended treatment process. Also included are safety point reminders, anatomy tidbits and helpful suggestions wherever applicable.

At the end of this chapter is a *Body-Cupping Map* that lays out the entire treatment process on one page, in one photo with overlays to show each step. This image is useful both as a summary and as a one-page treatment guide. Once you get familiar with the entire treatment process, you will be able to use this one-page map to follow along as needed. The charted instructions for each of the six steps will guide you through the sequence — no page turning necessary.

In general treatment settings, you will be working standing alongside the recipient’s body as they lie on a treatment table. That is how the images in this book appear, from the practitioner’s perspective. If you prefer to position yourself otherwise (for example, sitting on a stool), please adjust accordingly, keeping the vantage point of this book in mind.

CELLULITE FOCUS OPTIONS, CUP-FREE RECOMMENDATIONS, EXCEPTIONS AND WHAT-IFS

For every step of the treatment process, you will find options to focus on cellulite, plus a few cup-free recommendations to address exceptions and what-ifs as needed.

You will find brief notes in each step for any of these instances, but for more detailed information about these exceptional items, please review *Chapter 10: Before Beginning Body Cupping*

CELLULITE FOCUS OPTIONS

CELLULITE SHORTCUTS

While the best results will come from the full body treatment sequence, there are a few shortcuts available if desired, for self-care or quick client spot focuses. See page xx at the end of this chapter for *Quick-Fix Cellulite Shortcuts*.

This entire treatment follows lymph drainage pathways. Following this method of application is the best way to safely move cups across the entire body. Doing this treatment without any particular focus areas will still yield nice, smoothing effects on the surface tissues. Since, however, areas of congested cellulite need a little more attention — and this is a cellulite-reduction, focused treatment — there are focus options available for every part of the body.

When choosing to focus on any area, there is a basic principle you must understand. *First initiate the lymph drainage, then focus on the cellulite area and then repeat the initial draining movements.* Why? To begin with, the long, draining strokes get the lymph and blood moving, which not only starts the draining process but also warms up the area in preparation for the vigorous, focused movements that come immediately after. The focus area won't be as sensitive, and the soft tissues will be more pliable than if starting without those initial lines of movement. Once finished with the focusing moves, repeating the lymph-moving lines of movement will further enhance the drainage and allow for smooth, contouring moves along each line of movement.

While moving cups and lift-and-release are the best techniques for this entire treatment, there are a few more options available for any area of focus. At every Cellulite Focus Option, these additional methods of application (described below) are noted if applicable.

Vigorous moving cups. This method of application is the most popular with cupping for cellulite. Using light pressure as you would with the lymph draining lines of movement, apply moving cups in a fast-paced yet comfortable manner. This will really stir up the congested area, breaking down the superficial adhesions of cellulite. At each focus location, the best direction of movement in which to apply these fast-moving cups is described.

Focus cupping on stubborn divots. This is where some more specific cupping can be applied. While the entire body-cupping treatment uses lift-and-release or moving cups, any stubborn adhesions can be cupped in a more focused manner if needed.

Since this is a less-common method of application, at every focus option you will find an instruction to “apply additional focused cellulite cupping as needed,” and a reference back to this section for further information on options to choose. Just as using the Morse Code of Cups becomes a natural way to use cups across any surface, you will find that you naturally choose to incorporate these specific methods of cellulite focus into the treatment wherever necessary.

Optional Methods of Application for Spot-Focus on Stubborn Cellulite Dimples

- **Repetitive lift-and-release.** Deep cellulite dimples indicate severe restriction, which may be sensitive to anything too focused. Repeatedly applying lift-and-release over any of these sites will help to jostle things loose. With time and perhaps several treatments, this will yield results that allow for more vigorous or focused cupping without discomfort.
- **Twisting the cup.** Just as twisting a cup helps release wrinkles, using moving cups over sites of cellulite while you twist the cup will help loosen the restrictions across the region. When done in this manner, the sensation is comparable to kneading done with hands.
- **Stationary cup — but for less than three minutes!** In extreme cases, a stationary cup can be applied to really focus on the depth of restrictions. This technique is the most common method of cupping (known for other cupping applications), but it can potentially yield cupping marks and is not recommended for anyone very sensitive to cupping. Be sure to limit the length of time any one cup is applied. Because cups pull fluids into tissues, prolonged stationary cups can create surface fluid stagnation, which will have to be drained from the area. Limit stationary cups to less than three minutes at any location.

Regardless of the technique you choose or the technique that is suggested, your goal is to focus on congested areas in a way that is best for the recipient. If you find one method works well for one person and a different method works for another, go for it! When focusing on cellulite areas, you have to stimulate the area of concern in order to break up adhesions, boost blood flow and move lymph along its route as efficiently as possible at every session. As long as the person you are treating isn't feeling discomfort and you do not see the area getting visibly overstimulated (very red and puffy), you can feel confident that the techniques described here will yield benefits.

STEP-BY-STEP BODY CUPPING

Before the Body Treatment

PRELIMINARY STEPS

There are two things that are almost always done before beginning the six steps of the body-cupping treatment. These preliminary steps don't use cups but will help prepare your client's body for cupping. First, offering an abdominal massage is a great way to stimulate the body's lymphatic activities. Also, manual stimulation of the supraclavicular lymph nodes and terminal thoracic ducts is a must in most lymph drainage treatments.

While this is not required, it is highly recommended to ensure the most benefits from this powerful full body treatment. The occasions to consider not taking such preliminary steps would be if the client had received bodywork earlier that day, or possibly the day before, since their body's circulatory system will already have been stimulated. Alternatively, many cellulite treatments omit these steps without issue; however, in my professional opinion (and that of most manual lymph drainage therapists), including these two quick opening moves will guarantee an even more effective treatment for lymph movement.

Once you have completed these preliminary steps, you are ready to begin *Step 1: The Middle and Lower Back*.

Address the Abdomen Manually

This is the first preliminary step. Given the focus on lymphatic movement in this treatment, addressing the abdominal area before you begin may be a great place to start for many people. There is a wealth of lymphatic activity in the midsection of the body, so choosing to gently manipulate the abdomen before beginning the full-body cupping treatment will further "unclog the drain" of the body before starting the treatment.

SAFETY FIRST

Remember, the instructions contained in this chapter are suggested for generally healthy individuals who can receive bodywork without medical concerns. The focus of this treatment is for cellulite reduction and cosmetic enhancement.

Assess the state of the abdominal area, which is the most central region of the body. If the person being treated suffers from excessive abdominal congestion, such as constipation, treating the abdominal area first before cupping for a full body treatment is a good choice.

In manual lymph drainage therapy, before a session begins, the therapist applies an abdominal massage and encourages deep belly breathing to stimulate the concentration of lymphatic activity in this region. Alternatively, simply massaging the abdomen with comfortable pressure in a clockwise manner, following the direction of the large intestine, will stimulate the abdomen.

While not required, I strongly recommend this abdominal massage before body cupping, since it addresses the core of the body where a lot of supporting systemic activity takes place.

Stimulate the Upper Body for Lymph Drainage

This is the second preliminary step. Before we begin the body treatment, it is important to stimulate the supraclavicular lymph nodes and terminal thoracic ducts.

Begin with the person receiving treatment in the prone (face-down) position, arms relaxed and extended off the sides of the table or alongside their body if that is comfortable for them. This cup-free application is easiest to do before you pick up the cups and just before you apply the lubricant.

You will be standing at the head of your client to deliver this treatment. In this starting position, your fingertips will be within the primary location for lymph stimulation, the anterior triangle, so be sure to use very light pressure only. This opening move stimulates the most powerful lymph nodes of the entire body for what is to come during this treatment, "unclogging the drain" to allow the lymph to easily flow.

There are two possible areas you can stimulate — the primary location is the anterior triangle area and the second, optional location is the axilla or axillary space, here called the axilla armpit.

CUPPING 101

COMFORTABLE MOVING CUPS

Be sure to switch to the lift-and-release technique for any location where a moving cup is uncomfortable or difficult to use, such as over the shoulder blades, any "stuck" area of tissue or along the extremities if any location is sensitive. You may choose to mix moving cups and lift-and-release at any time (see the Morse Code of Cups on page 000).

STEP 1

The Middle and Lower Back

FAQ

DO YOU HAVE STUBBORN CELLULITE DIMPLES?

Apply additional focused cellulite cupping as needed. Refer to page XX for more details on these advanced methods of application.

COMFORT AND SAFETY

The person being treated should feel no discomfort, nor “ripping” or “tearing” sensations when receiving this more vigorous application. While this style of cupping is meant to be stimulating, it should never be painful. Always check lubrication, suction pressure and the comfort of your client when choosing to add in any optional, advanced techniques.

As part of the body’s core, the posterior midsection is the “back of the abdomen.” In other words, imagine the area of the body that extends from the front hip bones (anterior iliac crest) to just below the breast tissue — but at the back of the body instead of the front. It is important to start the entire cupping treatment here, as we work from the core of the body out, and in this prone position this is where the core begins.

Between clothing restrictions and hip tension, this region has a lot of potential for lymphatic congestion. Whether addressing cellulite in the midsection, love handles at the sides or muffin top, contouring treatments often focus on this region.

The paths of lymph drainage travel around the sides of the body, draining into the lower abdomen. Since the person being treated is on their stomach (and we can’t get all the way to the lymph end points when lying on them), the lines of movement will end at “drop-off locations” along the sides of the body. They will then be “picked up” when the client turns over, continuing onto the lower abdomen to complete the drainage.

Why Treat the Middle and Lower Back?

Cupping through the posterior midsection is very beneficial to the lymphatic movement in the midsection, since the cups lift “stuck” areas and promote lymph flow through any previously challenged drainage pathways (such as impressions from waistline or compression garment bands). With every pass of the cup, a comforting yet sculpting sensation is palpable across this curvy anatomy. Cupping in this region also relieves low back tension, as the cups move from the low back toward the side of the body, along a common “belt line” of tension.

The Middle and Lower Back

LOCATION

This area covers the low back and posterior midsection, from the hip bones (posterior iliac crest) up to the mid-thoracic lower rib cage section. While every body is different, three lines of movement will usually address this entire region.

STARTING POINT

Start at the side of the spine, just above the hip bones, in the lower back. To locate this point, find the place where the base of the spine meets the top of the iliac crest or back hip bone points.

LINE OF MOVEMENT

Follow along the hip bone, progressing out toward the side of the body.

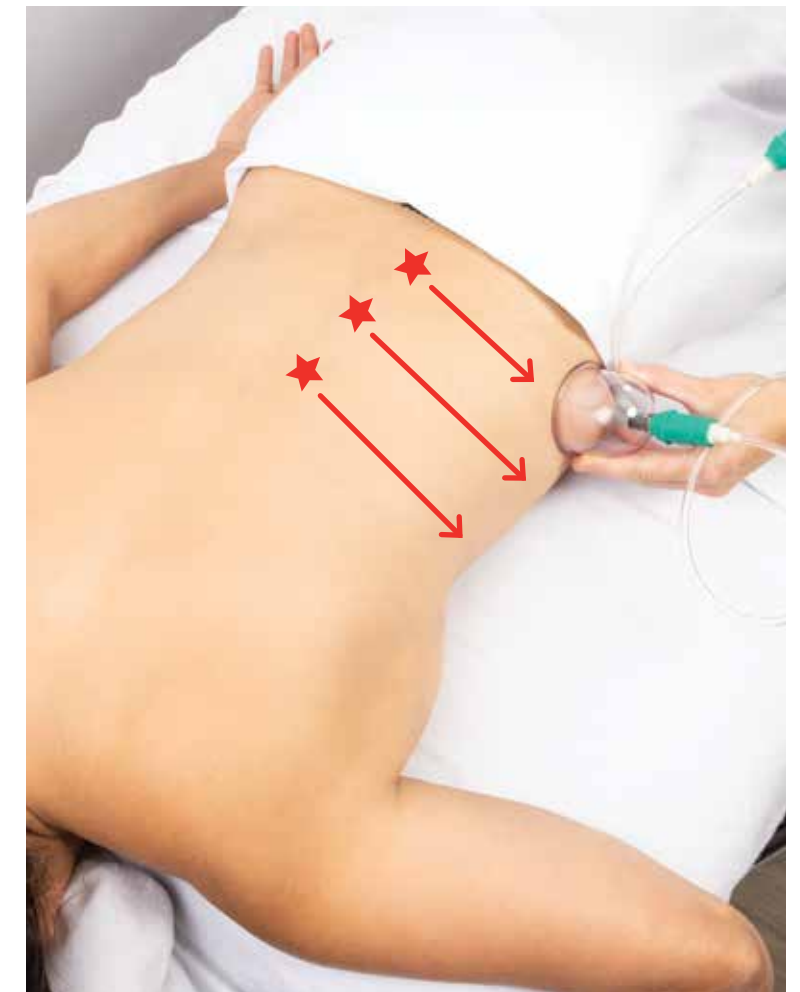
END POINT

End at the side of the body.

TREATMENT PROCESS

- Attach the cup at the starting point and follow the line of movement using moving cups and/or lift-and-release to the end point. Detach the cup and return to the starting point.
- Repeat each line of movement three to five times.
- Progress your way up to the bottom of the shoulder blade, one cup-width at a time. In all, complete a total of about nine to fifteen passes to cover the entire section.
- Repeat this sequence on the right side of the body.

Once this section is complete, continue to *Step 2: The Back of the Upper Body*.



A STEP-BY-STEP GUIDE TO LYMPH DRAINAGE FOR PROFESSIONAL COSMETIC REJUVENATION, CELLULITE REDUCTION & CONTOURING

This modern cupping therapy guide is the essential resource for professional bodyworkers and estheticians who use cups to rejuvenate the face and body.

Step-by-step full-color photos and clear, detailed instructions teach every part of the whole-body treatment so you can be sure to achieve professional results.

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Other Highlights

- What to do before and after treatment to boost results
- FAQs plus Anatomy FYIs and Safety Tips from a pro
- A Face Cupping Map and a Body Cupping Map for easy reference

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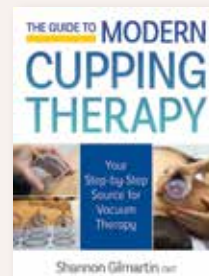
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SUBJECT / CATEGORY:

HEALTH & FITNESS / Beauty & Grooming

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