

CONTOURING CUP

What is Facial Cupping?

Facial cupping is a therapeutic technique that involves using small cups to create suction on the skin. The cups are applied to the face and moved in a gliding motion to release tension, reduce puffiness, and enhance the overall appearance of the skin.

How to do Facial Cupping?

Cleanse your face

Start by washing your face with a gentle cleanser to remove any dirt, makeup, or impurities. Pat your skin dry with a clean towel.

Apply facial oil

Apply a few drops of the SkinTone Face Oil to your face and neck, ensuring even coverage. This helps the cups glide smoothly on your skin.

Begin cupping

Start with a small cup and squeeze the middle part to create a suction effect. Place the cup on the area you want to target, ensuring a tight seal against your skin. Release your grip on the cup, and it should stay in place due to the suction.

Move the cup

Once the cup is securely placed, gently glide it across your skin in an upward or circular motion. Always maintain continuous contact with your skin and avoid leaving the cup in one spot for too long to prevent bruising or skin irritation.

Target different areas

Continue moving the cup across different areas of your face, such as your forehead, cheeks, jawline, and neck. Use larger cups for broader areas and smaller cups for delicate or hard-to-reach areas like around the eyes or lips.

Be gentle around sensitive areas

Be particularly gentle when cupping around sensitive areas like the eyes or any areas with broken or irritated skin. Avoid cupping directly on active acne, sunburns, or open wounds.

Complete the session

Perform cupping for about 5 to 10 minutes. Once you've covered all desired areas, remove the cups by gently pressing on the skin near the rim to release the suction.

Benefits of facial cupping

- Improved circulation
- Increased lymphatic drainage
- Reduced puffiness and fluid retention
- Enhanced absorption of skincare products
- Relaxation and stress reduction
- Improved skin tone and texture



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