

Enter the world of health and wellness with Bellabaci & take care of yourself with our hand-squeezed massage cups!  
Detox your body and support a healthy digestive system while visibly reducing the appearance of cellulite, stretch marks & scars.



### CUPPING BENEFITS

- Improves the appearance of scars and stretch marks
- Reduces tissue and joint inflammation
- Increases healing for strains, sprains, and spasms
- Relieves tension, tired sore, and overworked muscles
- Assist digestion
- Soothes sore muscles
- Improves blood and lymph circulation
- Improves the appearance of cellulite
- Assist with headaches and migraines
- Assist to alleviate pain from sciatica, arthritis, rheumatism, fibromyalgia, and neuralgia

### BODY CUP BENEFITS

- Available in soft and hard strength
- Always start with Soft Cup, even just to drain lymph and to prepare the tissues. (see it as a warm-up)
- Body Cups can be used with ease anywhere on the body
- To use, squeeze in the air, set down, and glide. No need to keep squeezing the cup
- Ensure you have applied enough oil to facilitate movement.

### HOW CUPPING WORKS

- Creating Vacuum Suction
- Bring blood flow to the area from the arteries to the capillaries (from up to 10 cm deep)
- Nutrition and oxygen reach the area
- Drains excess fluids and toxins
- The Negative pressure draws the blood from capillaries and then returns via the veins to be cleansed and disposed of
- Increased metabolic process within the cells

- Causes a small inflammatory effect that activates the chemical mediators of inflammation
- The Bellabaci massage system has modernized traditional cupping therapy into everyday therapy.
- The cups are moved all the time, along the main meridians, and therefore we can avoid the unsightly cup marks usually associated with cupping
- Combined with The Genies, Energetic Aromatherapy Wellness Oils, this treatment provides fast and effective results. Our essential complexes are potent and unique and will appeal to any gender, age, or ethnic group

### DIRECTIONS

Use as per Bellabaci Cupping protocols in conjunction with professional Bellabaci Wellness Massage balm or oil.

### CONTRAINDICATIONS

- Energy-depleted clients (fasting, anemia)
- Pregnancy
- Diabetics
- Sunburn
- Blood Clots / Thrombosis
- Clients on blood thinner medication (anti-coagulants) or anti-biotics
- High blood pressure (uncontrolled).
- Varicose veins
- Cancer
- Open cuts and abrasions
- Bulging or herniated organs, slipped discs

### CARING FOR YOUR CUPS

- Wash with a disinfectant liquid soap after each use.
- Do not use any mineral oil or mineral oil containing product with your Bellabaci cups.
- Take note of seasonal changes in temperature or if you use

- air-conditioning, as too hot or too cold will affect the pliability of your cups. They will become harder in cold temperatures and softer in warmer temperatures.
- To combat this, either place them in hot water to make them softer, or put them in the fridge for a few minutes to make them harder.