

*Cupping 4 Life*

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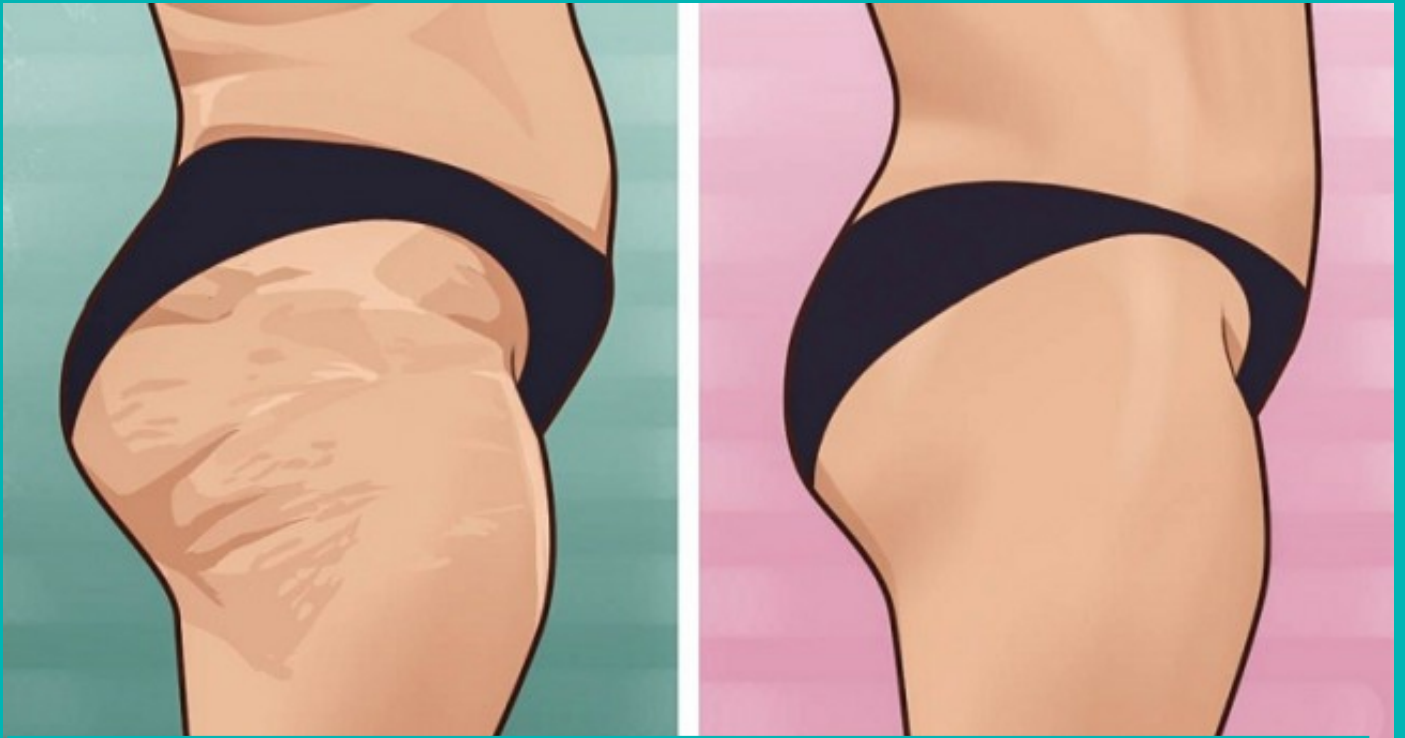
HOW TO REDUCE  
**CELLULITE**  
WITH CUPPING THERAPY

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Camila Botter



Professional Cupping Therapy is one of the most effective treatments to reduce cellulite naturally

Here at Cupping4Life , we use professional cups and machines to create suction and roll and lift the tissue to loosen connective tissue adhesions and drain excess fluids and toxins out of the body. Ironing out the bumps makes the skin look better right away and also reduces further accumulations.

As toxins and fluid are drained out, fresh blood and oxygen flood the tissue, providing nutrients and collagen to strengthen the skin and smooth out the foundation over which fat cells lie.

The rolling motion breaks up the fat cell clusters, allowing blood to flow freely and thus making this fat available as fuel. This explains why even slim women can have cellulite: once a cluster is formed, it becomes hard to access by the body and it is unlikely to be used as fuel, hence staying in place for years.

By promoting movement and lifting and rolling the tissue, this treatment helps slim out the cellulitic areas by allowing the fat deposits to be burnt during exercise and daily activities.

# How much does it cost?

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We recommend series of treatments to ensure continuity and better results.

Single sessions are beneficial, but in order to make a significant change we suggest a minimum of 4-5 sessions, 1x per week.

**Single Session**

30 min = \$65

# Will I lose weight?

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You will most likely notice an improvement in skin tone after your treatment.

Appearance of stretch marks and loose skin may be improved.

While massage cupping is NOT weight loss procedure, many clients report being able to lose weight, especially fat weight, more easily than ever before. This is due to the rearrangement and break down of the fat clusters that makes them more readily available to be burnt during exercise and daily activities.

# What sensations will I experience during the treatment? Does it hurt?

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The treatment feels like a gentle tug and lift of the skin and deeper layers, rolling in different patterns over the body like a wave.

Most clients find it pleasant, but if you have sensitive skin, you may feel slightly sore. The strength of the treatment can be individually adjusted to your comfort level.

# What will I feel afterwards?

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Most clients report a feeling of relaxation and increase in energy.

Since the lymph system is stimulated, it is recommended that you drink 4 – 6 glasses of water every day during the duration of your treatment in order to aid in elimination.

# Are there any side effects?

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Minor, temporary bruise marks may occur. Some people report a urge to urinate about an hour after treatment.

Many clients report feeling refreshed and energetic after their sessions.



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## Can I receive treatment if am pregnant?

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No correlation has been found between this treatment and complications in pregnancy.

# Are there any other contraindications?

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Total contraindications to massage cupping include but are not limited to : pregnancy, circulatory or vascular disease, blood clots, phlebitis or unexplained calf pain; infectious progressive diseases such as AIDS; anticoagulant medication( i.e., Coumadin, Warfarin); any active cancer, especially skin cancer.

Local contraindications include but are not limited to: hernias, varicose veins, eruptions, wounds, infected areas, open sores, injection sites, skin tumors.

**The above lists are NOT  
exhaustive.**

**IF IN DOUBT,  
CONSULT YOUR  
PHYSICIAN  
BEFOREHAND.**

To book an appointment or to  
speak with Camila  
please call **(619) 602-9937**