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FACE CUPPING: THE BASICS

SO, WHAT IS FACE CUPPING?

Face cupping is an ancient technique used to increase circulation, boost collagen and relax tight muscles of the face. Think of it like a facelift—but way better.

Let's get into it...

FACE CUPPING: THE BASICS

Face cupping is recommended 2 to 3 times a week, but even once a week is helpful. Here are some tips to keep in mind as you incorporate it into your self-care routine.

1. **Keep it clean.** Before or after using, make sure to wash the lip of your cup with soapy water, or wipe it down with witch hazel or rubbing alcohol. In fact, go ahead and make it a habit.
2. **Always apply.** Apply oil or lotion to your face before using your cup. This helps the cup glide smoothly and softly across the skin.

3. **Keep the cup moving.** Keep a steady pace while doing your cupping exercises to avoid leaving a mark (or as we call them, “cup hickies”).
4. **Pamper yourself.** The physical benefits of face cupping are truly incredible but the mental benefits are just as great. Take time to release stress and tension. Really live in the moment and enjoy yourself!

Face cupping is not recommended on cold sores, open wounds, severe acne, abrasions, cuts, fresh bruising, undiagnosed lumps or swelling, melanoma or other cancers, eczema, dermatitis, psoriasis, broken capillaries, skin tags and warts.

FACE CUPPING: THE JAWLINE

1. For lower jawline cupping, place the cup under the center of your chin. For middle jawline, place the cup on the tip of your chin. And for upper jawline, place the cup on the top of your chin.
2. Squeeze and release the balloon to gain suction. Glide the cup steadily across your jawline, using upward and outward strokes. Release the balloon once the cup reaches your ear.
3. Repeat each section 3 times.

FIG. 1
The Jawline



FACE CUPPING: THE CHEEKBONE

1. For lower cheekbone cupping, place the cup above your upper lip. For middle cheekbone, place the cup on the apple of your cheekbone. And for upper cheekbone, place the cup slightly above the apple.
2. Squeeze and release the balloon to gain suction. Glide the cup steadily across your cheekbone, using upward and outward strokes. Release the balloon once the cup reaches your hairline.
3. Repeat each section 3 times.

FIG. 2
The Cheekbone



FACE CUPPING:

THE FOREHEAD

1. For lower forehead cupping, place the cup slightly above your browline. For middle forehead, place the cup in the center of your forehead. And for upper forehead, place the cup slightly below your hairline.
2. Squeeze and release the balloon to gain suction. Glide the cup steadily across your forehead, using outward and downward strokes. Release the balloon once the cup reaches your temple.
3. Repeat each section 3 times, then repeat each section on the other side of your face.

FIG. 3
The Forehead



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the QR code + see the routine in action!



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