

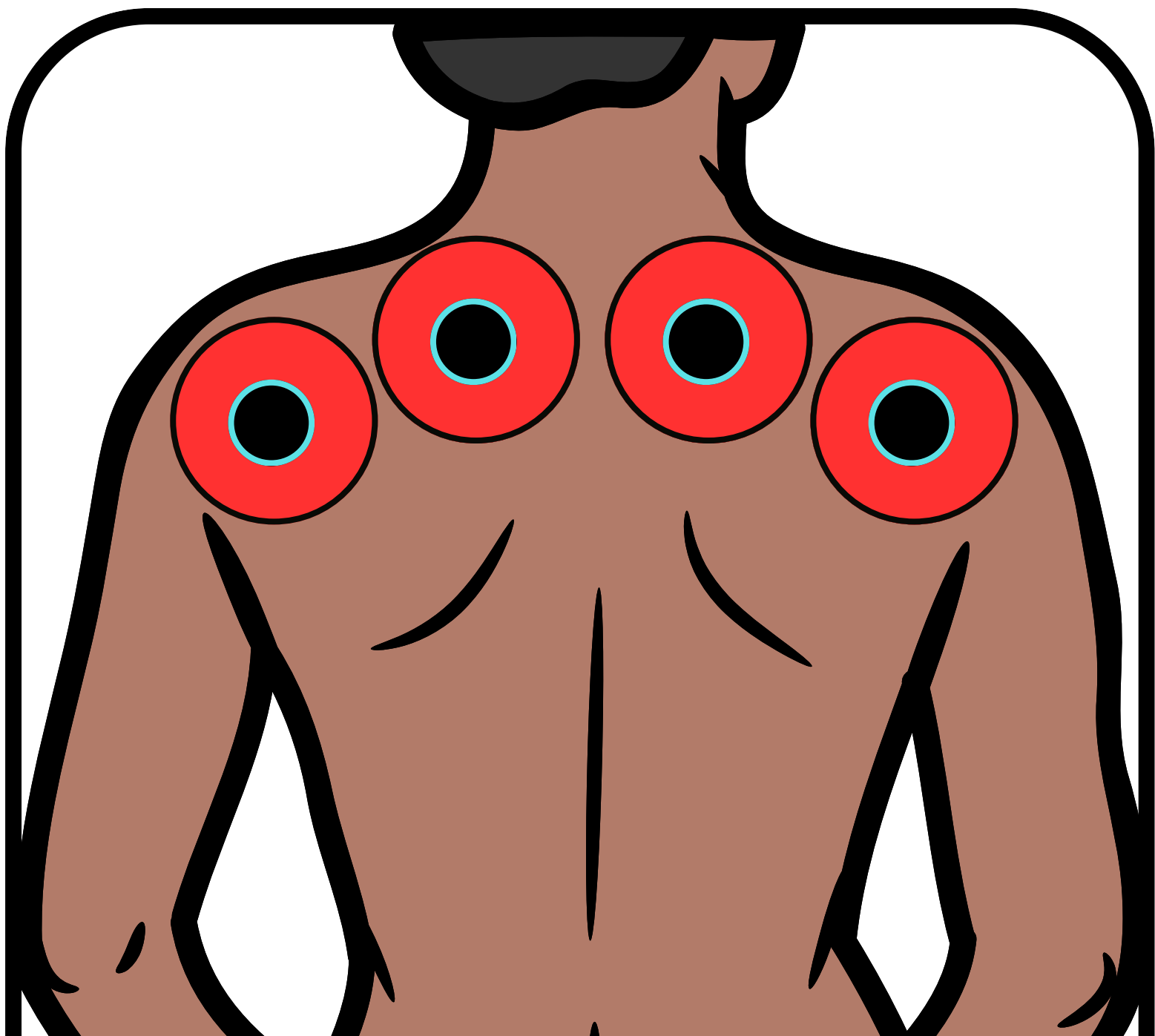


TheraVolt Cupping: A Beginner's Guide



For Upper Back Pain Relief

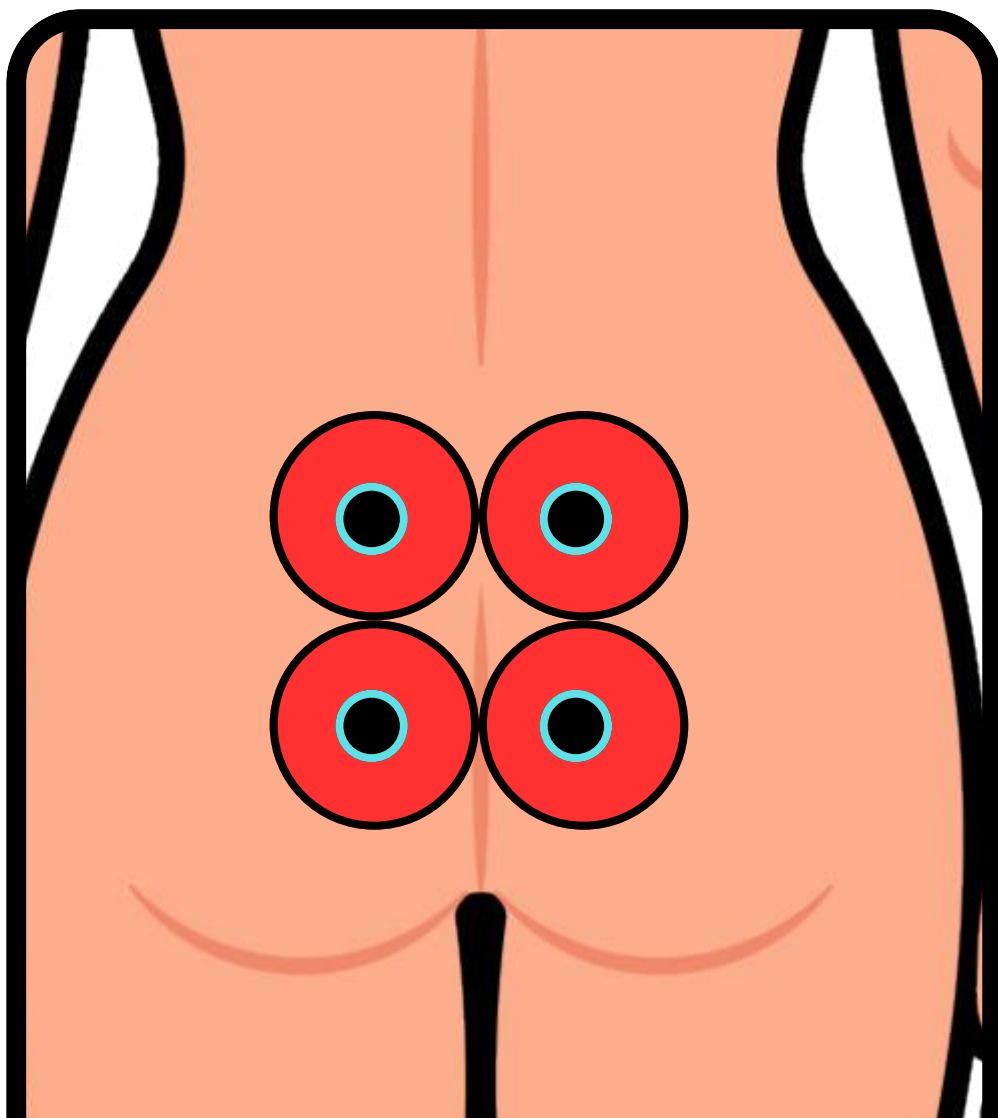
Place TheraVolt in this formation &
either sit or lay face down after applying
device



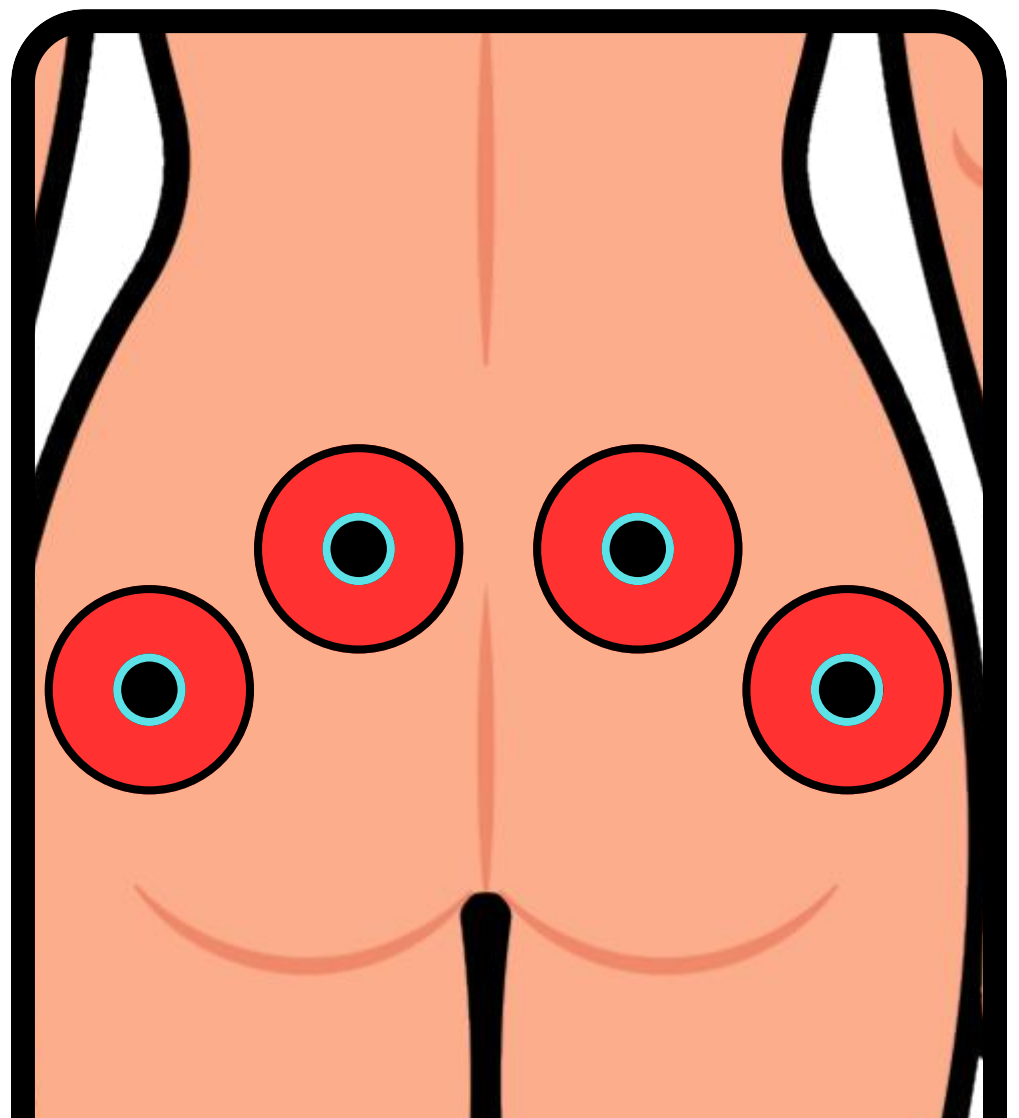
For Lower Back Relief

Place TheraVolt on the Lower Back in the (A) formation & lay face down after applying device. Then Repeat with (B) formation.

A

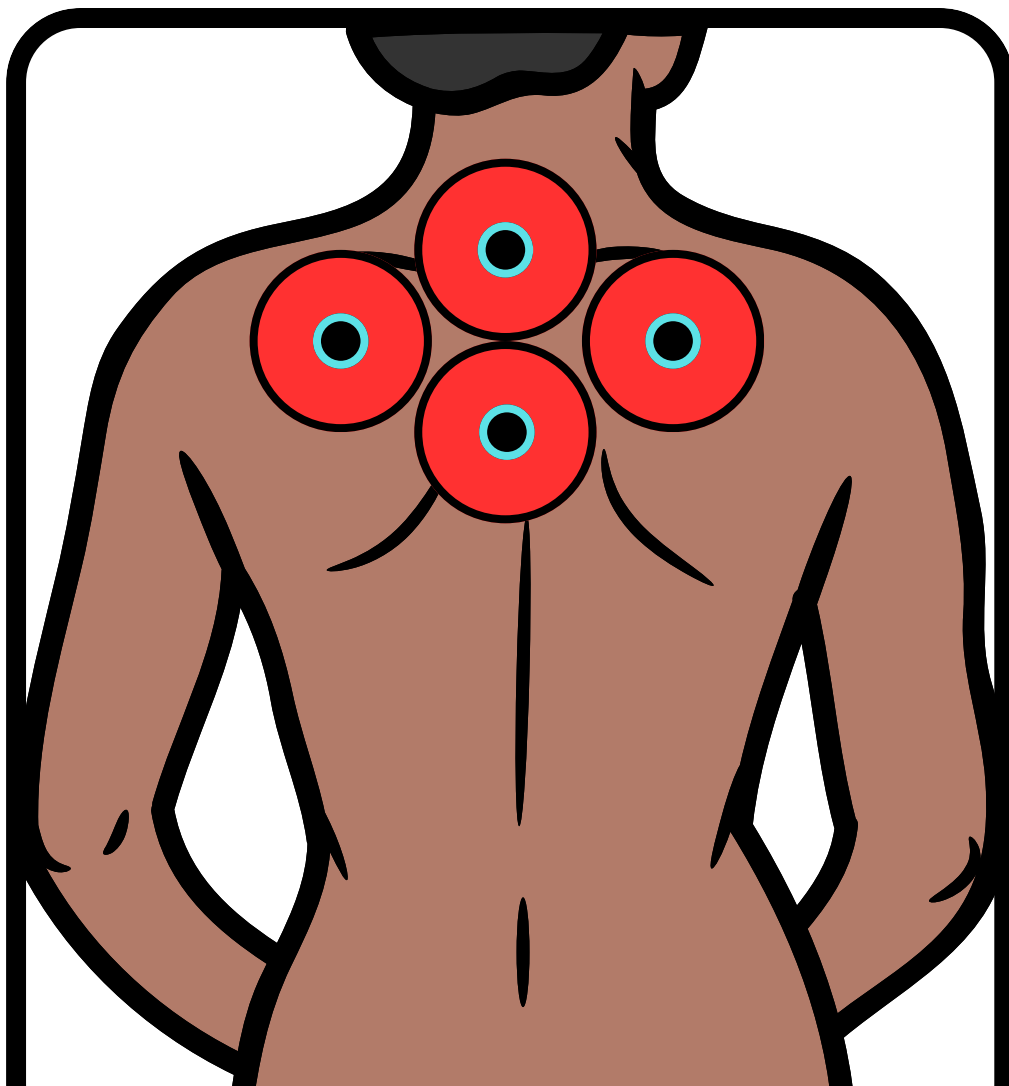


B

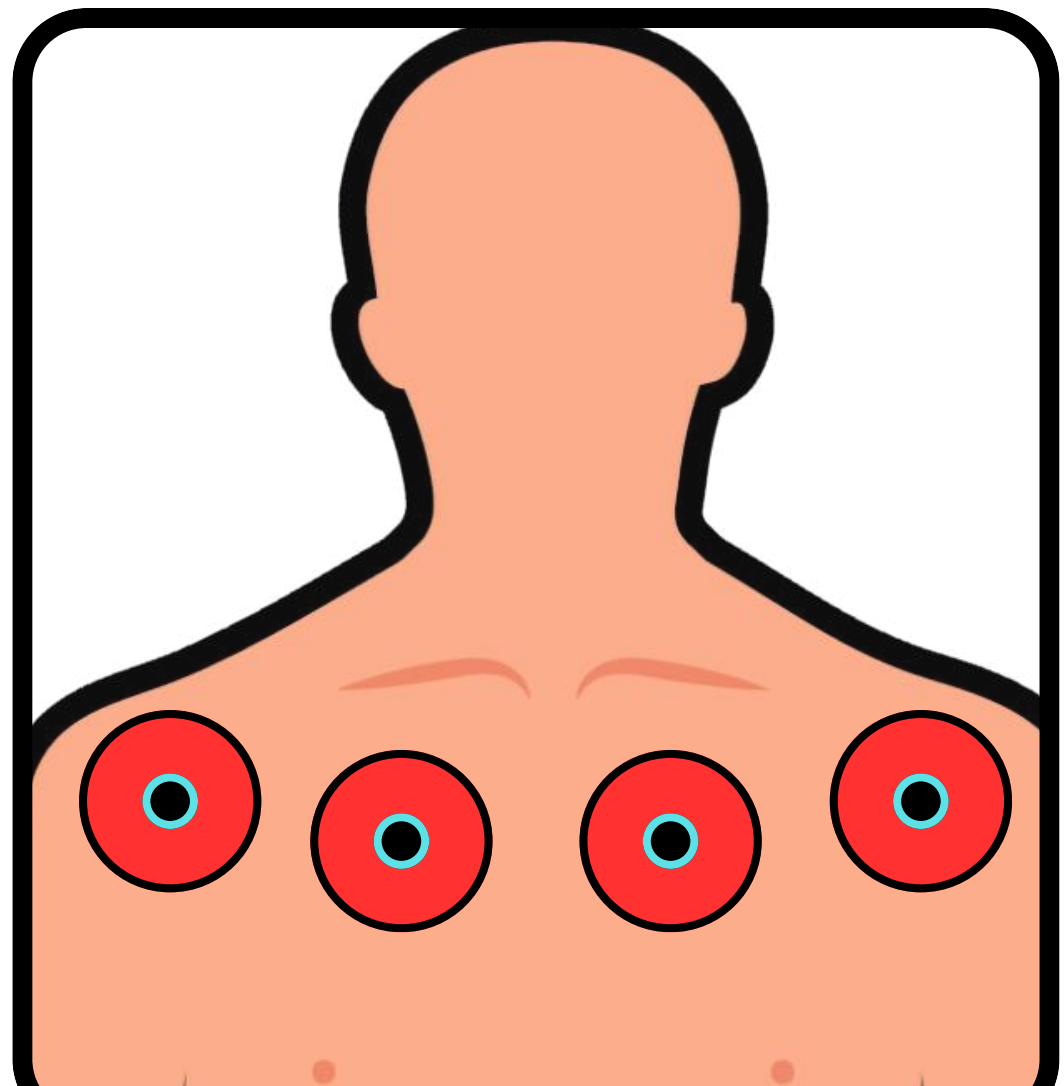


For Neck Pain

Place TheraVolt at the base of neck while sitting down or laying face down for 20 mins after applying device



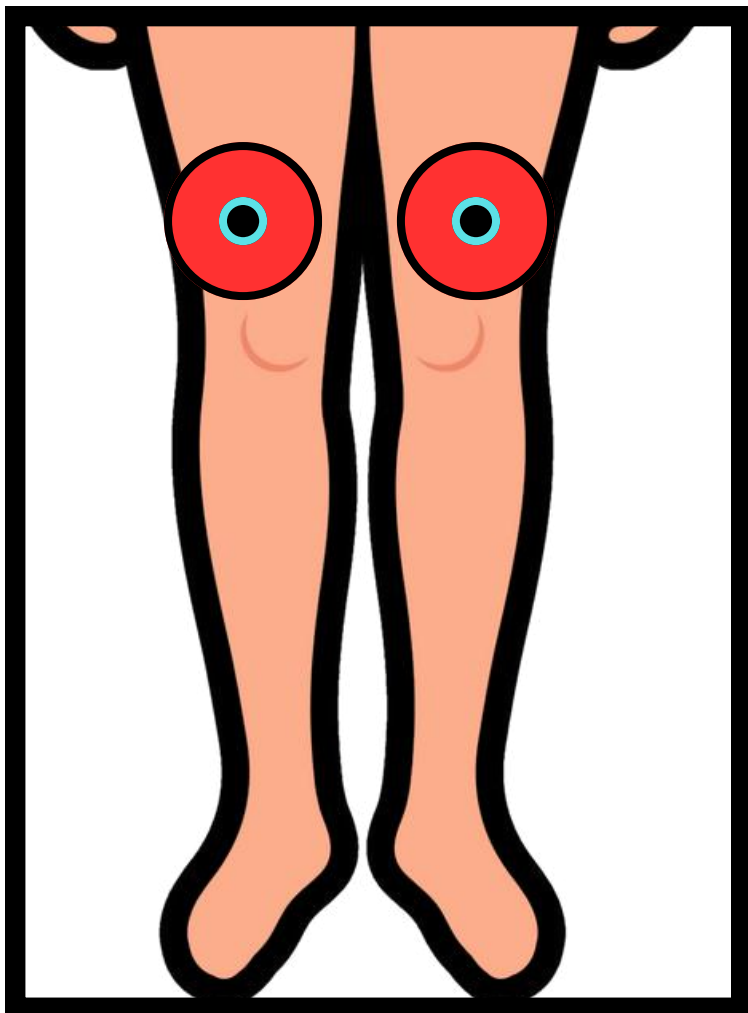
Place TheraVolt along the deltoids & pectoral muscles while sitting down or laying face up for 20 mins after applying device



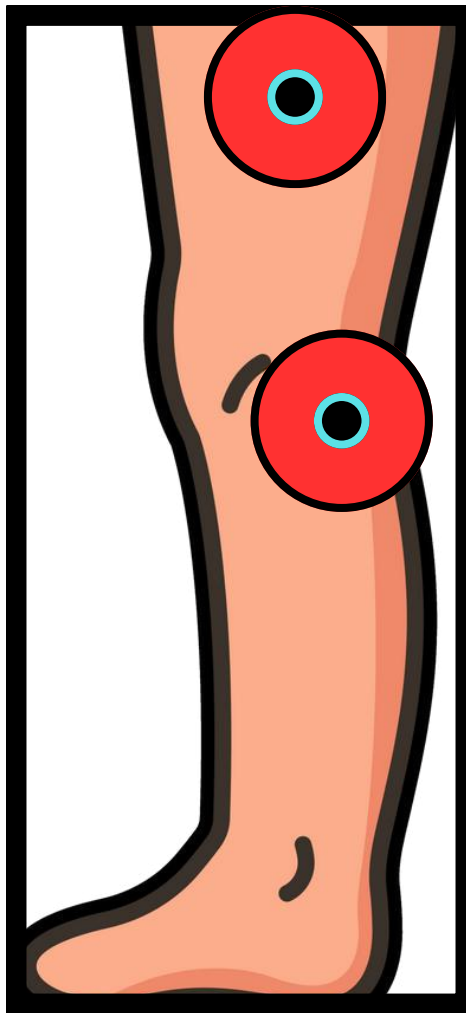
For Knee Pain

Place TheraVolt on the front side
while laying face up and do the
same for the side and back

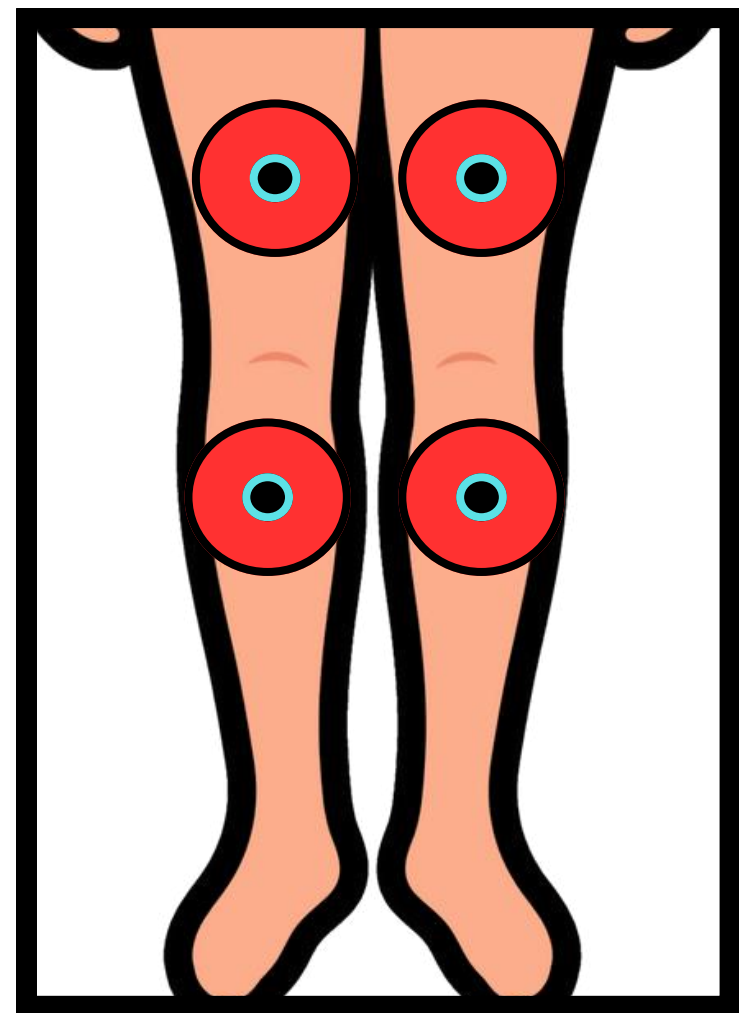
Front



Side



Back



Reduce Appearance of Cellulite



Apply body lotion or massage oil to the area you want to treat. This will help the cups move more easily.



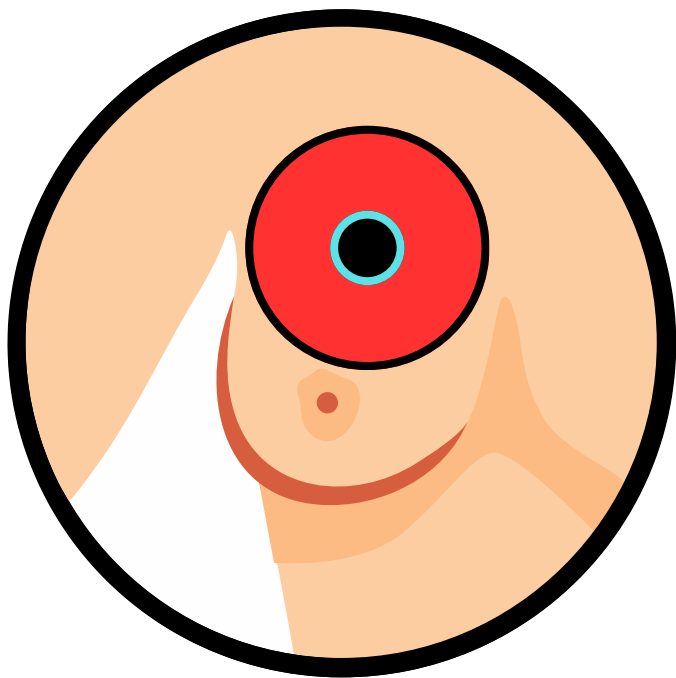
Place the cup on your skin and Power On the TheraVolt, You should feel your skin pull.



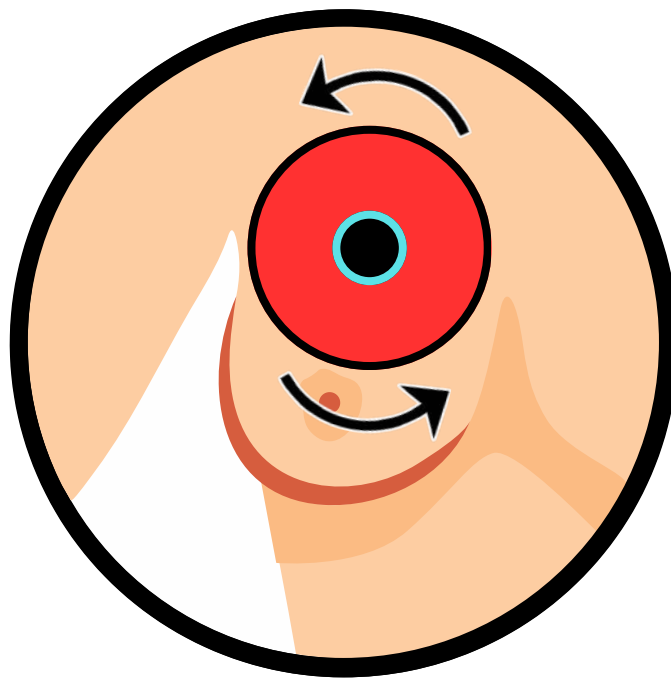
Slide the cup back and forth or in a circular motion for 10–15 minutes per area.

***Repeat 2–3 times per week, or until you see results.**

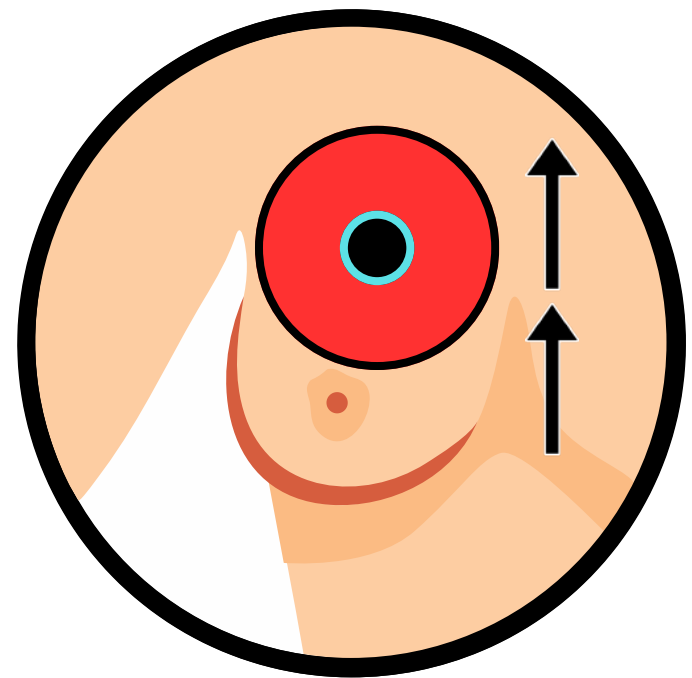
Breast Cupping for Firming & Toning Pt.1



Apply massage oil to the breast area. Starting at the base of the breast, gently place a TheraVolt.



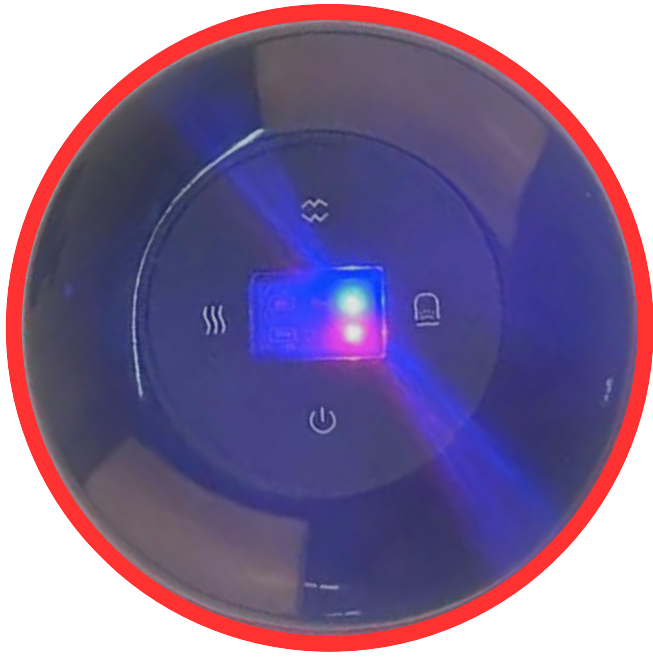
Gently move the cup in circular motions, working your way upward towards the collarbone.



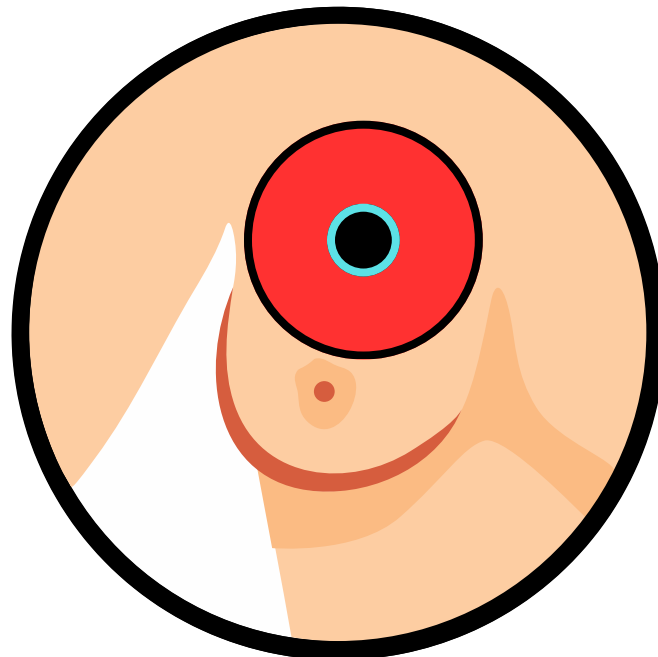
You can also use a linear motion, moving the cup up and down the breast.

Continue...

Breast Cupping for Firming & Toning Pt.2



Begin with level 1 suction and gradually increase as tolerance improves.



Each cup placement should last about 5-10 minutes. Apply a soothing lotion or oil to the treated area.

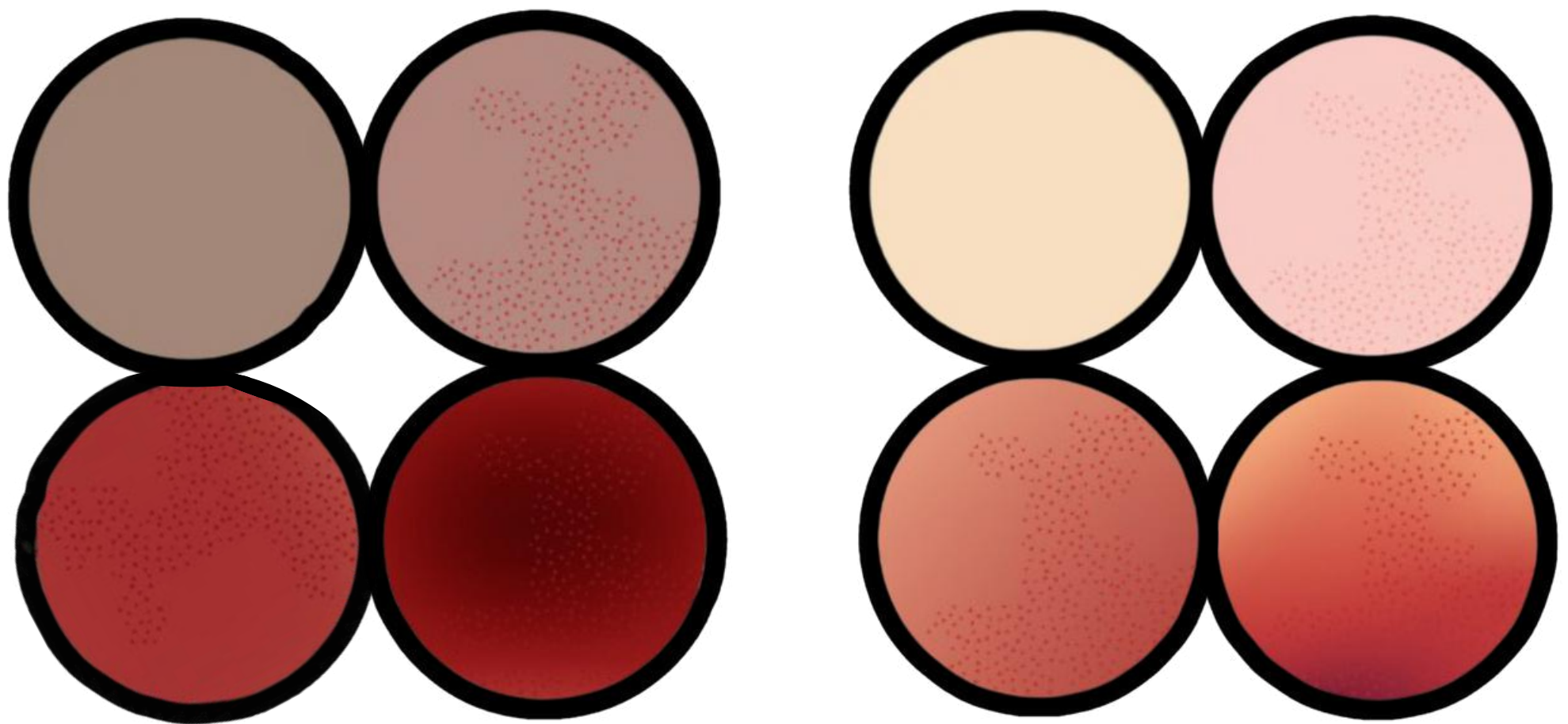


Consider combining cupping with other massage techniques for enhanced results

***Remember, consistency is key. Multiple sessions may be needed to see noticeable results.**

What is a Cupping

"Kiss"



Dark Skin

Light Skin

Cupping "Kisses" are not bruises, it is just a indicator of how much tension you have in that area

The darker the cupping kiss the more tension & inflammation you have