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ELERA JAMHC4TM00

ELERA Silicone Cupping Therapy Set Instruction Manual

Brand: **ELERA** | Model: **JAMHC4TM00**

INTRODUCTION

The ELERA Silicone Cupping Therapy Set provides a professional-grade solution for body relaxation, cellulite reduction, and home wellness. This set includes transparent massage cups in four sizes (XL, L, M, S) designed for various body areas. Made from high-quality medical-grade silicone, these cups are durable, elastic, and offer clear visibility of tissue during use. Cupping therapy is known to improve athletic performance, aid recovery, enhance mobility, and relieve joint and muscle pain.



Image: The ELERA Silicone Cupping Therapy Set, showcasing the four transparent cups and one being held to demonstrate size.

PRODUCT COMPONENTS

The ELERA Silicone Cupping Therapy Set includes the following components:

- 1 Extra-large silicone cupping cup (Ø3.9")
- 1 Large silicone cupping cup (Ø2.9")
- 1 Medium silicone cupping cup (Ø2.4")
- 1 Small silicone cupping cup (Ø1.8")
- Carrying bag (for storage)
- English manual (included in package)



Image: Overview of the four different sizes of ELERA silicone cupping cups and their suggested application areas on the body.

SETUP AND OPERATION

Follow these steps for proper setup and effective use of your ELERA Silicone Cupping Therapy Set:

1. **Preparation:** Ensure the cupping jars are clean before each use.
2. **Application:** Place the silicone cups on the desired body part. No fire is involved in the manipulation of these silicone cups.
3. **Adjust Suction:** Press the top of the cup to adjust the suction force to your preference. The suction should be strong enough to adhere to the skin but should not cause pain or discomfort.
4. **Movement (Dynamic Cupping):** For dynamic cupping, apply a small amount of cupping oil or lotion to the skin. Gently suction the cup and then move it in a gliding motion across the skin.
5. **Static Cupping:** For static cupping, apply suction to the cup and leave it in place for 3-5 minutes.
6. **Suction Release:** To release the suction, gently lift the edge of the cup.
7. **Duration:** The cupping time should be within 20 minutes to avoid any harm.
8. **Flexibility:** There is no limitation on body posture; you can use the cupping jars while lying down, sitting, standing, or walking.

PROFESSIONAL CHINESE CUPPING THERAPY



EXTRALARGE



LARGE



MEDIUM



SMALL

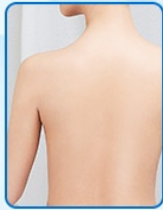


Image: Step-by-step guide illustrating the application and use of the ELERA cupping cups.



Stay healthy,
stay happy with Elera.

Image: Visual demonstration of three primary cupping techniques: Static, Dynamic/Slide, and Suction Release.

MAINTENANCE

Proper maintenance ensures the longevity and hygiene of your cupping set:

- **Cleaning:** Always clean the cupping jars thoroughly after each use. Wash them with mild soap and warm water. Rinse well to remove all soap residue.
- **Drying:** Allow the cups to air dry completely before storing them.
- **Storage:** After use, store the cupping jars in the provided carrying bag in a clean, dry place away from direct sunlight and extreme temperatures.

TROUBLESHOOTING

If you encounter issues with your ELERA Silicone Cupping Therapy Set, consider the following:

- **Difficulty with Suction:**

- Ensure your skin is clean and free of excessive oils or lotions, which can reduce suction.
- Apply a small amount of cupping oil or water to the skin to create a better seal.
- Press the cup firmly and quickly to create a vacuum.
- Check for any damage or tears in the silicone that might compromise suction.

- **Skin Discomfort:**

- Reduce the suction pressure by gently lifting the edge of the cup slightly.
- Ensure you are not leaving the cups on for too long (maximum 20 minutes).
- If redness or bruising occurs, it is normal, but severe pain indicates too much suction or prolonged application.

If problems persist, please contact ELERA customer support.

SPECIFICATIONS

Feature	Detail
Product Dimensions	4.33 x 3.94 x 6.3 inches
Item Weight	8.8 ounces (0.55 Pounds)
Item Model Number	JAMHC4TM00
Material	Silicone
Power Source	Manual
Use For	Whole Body
Manufacturer	ELERA
Date First Available	September 13, 2016

WARRANTY AND SUPPORT

ELERA is committed to providing high-quality and easy-to-use professional home medical devices. Our focus is on promoting healthier lifestyles through preventative care.

For any product inquiries, support, or warranty information, please refer to the official ELERA website or contact their customer service directly. The manufacturer strives to continuously improve products and services.

Legal Disclaimer: Statements regarding dietary supplements have not been evaluated by the FDA and are not intended to diagnose, treat, cure, or prevent any disease or health condition.

You can visit the [ELERA Store](#) for more information on their product range.