

## lianjindun 24-Piece Cupping Set

# lianjindun 24-Piece Cupping Set Instruction Manual

Model: 24-Piece Cupping Set

## 1. INTRODUCTION

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This manual provides detailed instructions for the safe and effective use of your lianjindun 24-Piece Cupping Set. This set is designed for personal use to facilitate massage therapy, promoting circulation and muscle relaxation. Please read all instructions carefully before first use and retain this manual for future reference.

## 2. PRODUCT COMPONENTS

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Your lianjindun 24-Piece Cupping Set includes the following items:

- 24 Cupping Cups in 6 assorted sizes:
  - 5 cups with an outer diameter (OD) of 2.69 inches
  - 5 cups with an OD of 2.36 inches
  - 5 cups with an OD of 2.02 inches
  - 5 cups with an OD of 1.37 inches
  - 2 cups with an OD of 1.33 inches
  - 2 curved cups with an OD of 2.02 inches
- 1 x 26-inch Extension Tube
- 1 x ABS Hand Pump
- 12 x Upgraded Elastic Magnets
- 1 x Instruction Manual (this document)
- 1 x Portable Carrying Case



Image 2.1: Overview of the lianjindun 24-Piece Cupping Set components.

The cups are constructed from high-quality polycarbonate (PC) material, designed for durability and ease of cleaning.

# 24 CUPS IN 6 SIZES

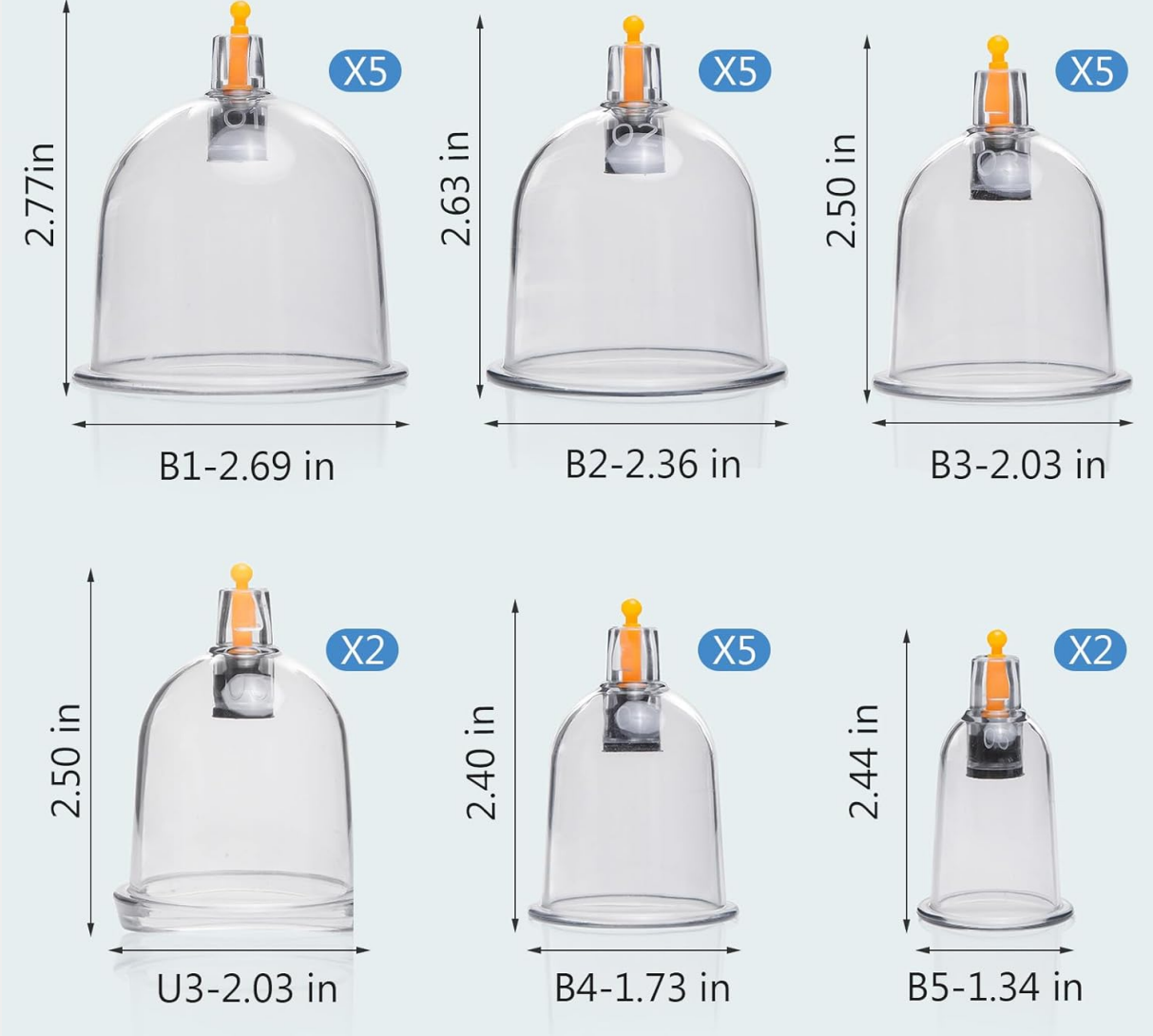


Image 2.2: Detailed view of the six cup sizes and their dimensions.



Image 2.3: The portable carrying case for convenient storage and transport.

### 3. SETUP

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Before using the cupping set, ensure all components are clean and dry. Familiarize yourself with the different cup sizes and the hand pump mechanism.

1. **Inspect Components:** Check all cups, the hand pump, and the extension tube for any damage or defects. Do not use damaged components.
2. **Prepare Skin:** Clean the skin area where cupping will be applied. For optimal suction and comfort, apply a small amount of massage oil or lotion to the skin.
3. **Select Cup Size:** Choose a cup size appropriate for the body area and desired intensity. Refer to the 'Use Parts' section for guidance.

### 4. OPERATING INSTRUCTIONS

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Follow these steps for effective cupping therapy:

1. **Apply Massage Oil:** Apply massage oil or lotion to the skin area where the cup will be placed. This helps create a better seal and allows for easier movement of the cups if gliding is desired.
2. **Prepare the Cup:** Lift the valve stem on top of the chosen cup upwards to ensure smooth airflow. If

using the elastic magnets, insert them into the cup.

3. **Attach Pump:** Place the cup firmly on the skin. Connect the hand pump to the top of the cup's valve.
4. **Create Suction:** Pull the rod of the hand pump 2-3 times to create the desired level of suction. The skin inside the cup should be visibly raised. Adjust the number of pumps based on comfort and desired intensity.
5. **Release Pump:** Once suction is achieved, carefully remove the hand pump from the cup's valve. The cup should remain securely attached to the skin.
6. **Duration:** Leave the cups in place for approximately 5-10 minutes. Monitor the skin for any discomfort.
7. **Release Pressure:** To remove the cup, lift the valve stem upwards to release the vacuum. The cup will detach from the skin.

## HOW TO USE THE CUPS



**01** Apply massage oil to the cupping area.



**02** Lift the valve rod up then connect the massage magnet.



**03** Connect pump to the top of the cups, Pull the rod 2-3 times.



**04** Lift the valve up to release pressure.

Image 4.1: Step-by-step guide for applying cupping cups.

### 4.1. Self-Service Cupping

The included 26-inch extension tube allows for self-application of cups to hard-to-reach areas such as the back.

# SELF-SERVICE CUPPING



Image 4.2: Components for self-service cupping, including the extension tube.

## 4.2. Recommended Application Areas

- **Larger Cups (B1, B2, B3, U3):** Suitable for broad areas such as the back, waist, thighs, and other large muscle groups.
- **Smaller Cups (B4, B5):** Ideal for smaller areas like hands, calves, and the neck.
- **Curved Cups (U3):** Designed for contoured areas such as the neck, shoulders, knees, and calves.

## 5. MAINTENANCE AND CLEANING

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Proper cleaning and maintenance will ensure the longevity and hygiene of your cupping set.

1. **After Each Use:** Disassemble the cups by removing the valve stems and magnets.
2. **Cleaning:** Wash all cups, valve stems, and magnets with mild soap and warm water. Rinse thoroughly to remove all soap residue.
3. **Drying:** Allow all components to air dry completely before reassembling or storing. Ensure no moisture remains inside the cups or valve mechanisms.
4. **Storage:** Store the clean and dry cupping set in the provided portable carrying case in a cool, dry place away from direct sunlight.

## 6. TROUBLESHOOTING

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If you encounter issues while using your cupping set, refer to the following common problems and solutions:

- **Loss of Suction:**
  - Ensure the skin area is clean and has sufficient massage oil applied to create a good seal.
  - Check that the cup's valve stem is fully seated after pumping and not accidentally lifted.
  - Inspect the cup edges for any cracks or damage that might prevent a proper seal.
  - Verify that the hand pump is securely connected to the cup's valve during pumping.
- **Difficulty Pumping:**
  - Ensure the hand pump is correctly attached and the cup is firmly pressed against the skin.
  - Check for any blockages in the pump or the cup's valve.
- **Skin Discomfort:**
  - Reduce the number of pumps to decrease suction intensity.
  - Ensure adequate massage oil is applied to the skin.
  - Do not leave cups on for longer than the recommended duration.

## 7. SAFETY INFORMATION AND PRECAUTIONS

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To ensure your safety and prevent adverse reactions, please observe the following precautions:

- **Avoid Certain Activities:** Do not bathe, swim, or consume alcohol for at least 8 hours after a cupping session.
- **Skin Conditions:** Do not apply cupping to areas with wounds, infections, inflammation, or any other skin lesions.
- **Medical Conditions:** Consult a healthcare professional before using cupping therapy if you have any pre-existing medical conditions, are pregnant, or are taking medications.
- **Discomfort:** If you experience severe pain, dizziness, or any unusual discomfort during cupping, immediately remove the cups and discontinue use.
- **Children:** Keep the cupping set out of reach of children.
- **Hygiene:** Always clean the cups thoroughly before and after each use to prevent the spread of bacteria.
- **Not a Medical Device:** This product is intended for personal massage therapy and is not a substitute for professional medical treatment.

## 8. SPECIFICATIONS

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<b>Product Name</b>	24-Piece Cupping Set
<b>Brand</b>	lianjindun
<b>Model</b>	B0C61Z2QSB
<b>Material</b>	Polycarbonate (PC)
<b>Package Dimensions</b>	10.98 x 9.49 x 3.62 inches

<b>Item Weight</b>	1.68 Pounds
<b>Manufacturer</b>	lianjindun

## 9. WARRANTY AND SUPPORT

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This product is manufactured by lianjindun. For any questions, concerns, or support needs regarding your cupping set, please contact the manufacturer directly through your purchase platform or the provided contact information.

While specific warranty details are not provided in this manual, we encourage users to reach out for assistance with any product-related issues.