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> [TRAKK](#) /

> TRAKK Cupping Therapy Set User Manual

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Model: Cupping Therapy Set

INTRODUCTION

The TRAKK Cupping Therapy Set is designed to provide the benefits of traditional cupping therapy in the comfort of your home. This 4-piece manual cupping therapy set is crafted from high-quality silicone, offering a gentle yet effective method for muscle relief, improved circulation, and relaxation. It is suitable for various body areas, aiding in recovery and overall wellness.

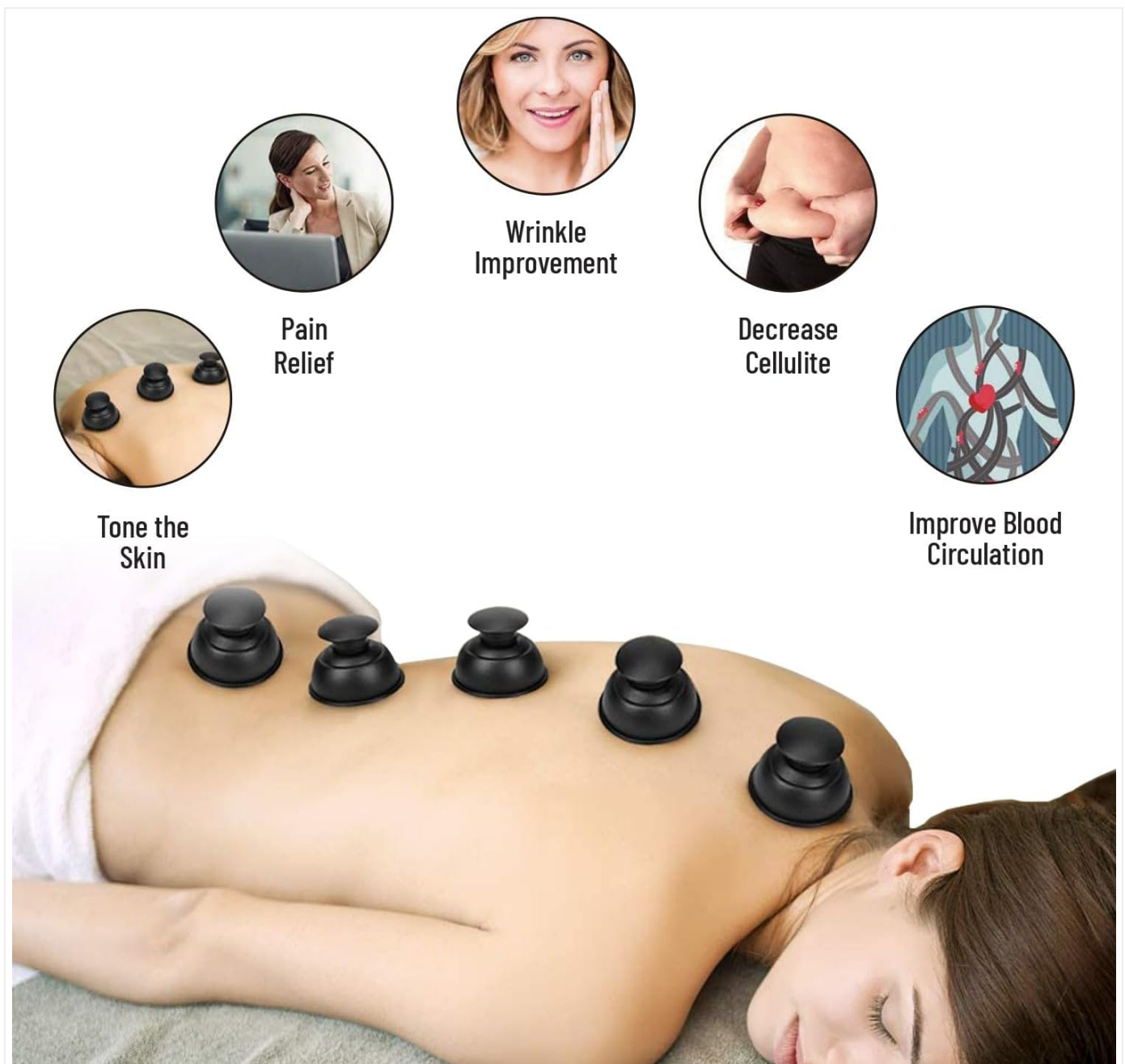


Figure 1: Benefits of Cupping Therapy. This image illustrates the various positive effects of using the TRAKK Cupping Therapy Set, such as pain relief, skin toning, and improved circulation.

SAFETY INFORMATION

Please read and understand all safety information before using the TRAKK Cupping Therapy Set. Improper use can lead to discomfort or injury.

- Avoid using on broken skin, varicose veins, inflamed skin, or areas with cancer.
- Do not use on the face, neck, or genitals.
- Consult a healthcare professional before use if you have any health concerns or are pregnant.
- Keep out of reach of children.
- Always follow the instructions for use and apply gentle pressure.
- Do not overuse or apply excessive pressure, as this can cause bruising or discomfort.

PRODUCT COMPONENTS

The TRAKK Cupping Therapy Set includes the following components:

- 4 x Silicone Cupping Cups (Black)



Figure 2: TRAKK Cupping Therapy Set. This image displays the four silicone cups included in the set.

SETUP

Before first use, clean the silicone cups thoroughly with mild soap and warm water. Ensure they are completely dry before storage or use. No assembly is required for this manual cupping set.

OPERATING INSTRUCTIONS

Follow these steps for effective and safe application of the TRAKK Cupping Therapy Set:

1. **Prepare the Skin:** Ensure the skin area where you intend to apply the cups is clean and free of lotions or oils. For better suction and glide, you may apply a small amount of massage oil or lotion to the skin.
2. **Position the Cup:** Place the opening of the silicone cup firmly on your skin.
3. **Create Suction:** Press the top of the cup to squeeze out the air. This action will create a vacuum inside the cup.
4. **Release and Adhere:** Release your hand. The cup will adhere to your skin due to the suction. Adjust the pressure by squeezing more or less air out.
5. **Movement (Optional):** For dynamic cupping, gently glide the cup across the skin after applying suction. Ensure there is enough oil or lotion for smooth movement.

6. **Remove the Cup:** To remove the cup, gently press down on the skin near the edge of the cup to break the seal, or hold the top of the cup and pull it off. Do not forcefully pull the cup directly off the skin without breaking the seal.

HOW TO USE



**Put the cup on
your skin**



**Press the top of the cup to
squeeze the air out**



**Release your hand
and suck on**



**Hold the top of the
cup to pull out**

Figure 3: How to Use the TRAKK Cupping Therapy Set. This visual guide demonstrates the four key steps for applying and removing the silicone cups.



Figure 4: Example of Cupping Application. This image shows the cupping cups applied to an arm, illustrating a typical use case.

MAINTENANCE

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

- **Cleaning:** After each use, wash the silicone cups with mild soap and warm water. Rinse thoroughly to remove any soap residue or oils.
- **Drying:** Allow the cups to air dry completely before storing them. Ensure no moisture remains to prevent mold or mildew.
- **Storage:** Store the cups in a clean, dry place, away from direct sunlight and extreme temperatures. The included bag (if applicable) can be used for convenient storage.

TROUBLESHOOTING

If you encounter issues while using your TRAKK Cupping Therapy Set, consider the following:

- **Difficulty Creating Suction:**
 - Ensure the skin is clean and free of excessive hair.
 - Apply a small amount of massage oil or lotion to the skin to create a better seal.
 - Press the cup firmly and squeeze out as much air as possible before releasing.
- **Cups Falling Off:**
 - Increase the amount of suction by squeezing more air out.
 - Ensure the cup is placed on a relatively flat area of skin.
 - Reapply oil/lotion if the skin has absorbed it.
- **Discomfort or Excessive Bruising:**
 - Reduce the suction pressure. Cupping should not be painful.
 - Limit the duration of each cupping session (e.g., 5-10 minutes per area).
 - Ensure you are not using the cups on sensitive or contraindicated areas (refer to Safety Information).

SPECIFICATIONS

Feature	Detail
Product Dimensions	4 x 4 x 4 inches (approximate for individual cups or packaging)
Item Model Number	Cupping Therapy Set
Material	Silicone
Power Source	Manual/Hand-Powered Motion
Item Weight	16 ounces (total set)
Manufacturer	Gina Group LLC

WARRANTY AND SUPPORT

For information regarding warranty, returns, or customer support, please refer to the retailer's policy where the product was purchased or visit the official TRAKK website. Keep your proof of purchase for any warranty claims.

Online Support: For additional resources and frequently asked questions, please visit the TRAKK SPORT Store on Amazon: [TRAKK SPORT Store](#)