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is key. “Always start with a gentle cleanser on the face,”

Shamban says.

“Be sure the cups are clean with cleanser or micellar water.”

Only then should you apply a skin-care product to reduce friction between the cups

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sharing secrets
about this
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How It Works . . .

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historically Guide

been created by
heating the air
inside of each

cup and placing
it on the skin.

As the air
cools, the
vacuum is
formed.

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countless high
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have been
sporting
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-- the back and
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Cupping is a
type of
alternative
medicine based
on an ancient
Chinese practice

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in which a special type of cup is applied to the skin and

suction is created so the skin and superficial muscle layer is drawn into and held in the cup.

Cupping can increase blood circulation in

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the area in which the cups are placed.

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