



dynamic cupping & red light therapy



user manual





boosting your natural  
recovery

# Welcome to the Aerify community

First of all, we would like to congratulate you on your excellent choice of getting yourself the Aerify Cupper! That means that you understand the importance of recovery during your active lifestyle which, to be honest, has become very 'main stream' only during the last few years.

Aerify Cupper is combination of modern technology and traditional healing therapy that has been used for ages to ease pain, inflammation and enhance relaxation and overall well-being. Red light therapy (RLT) is a treatment that uses low wavelength red light to reportedly improve skin's appearance, such as reducing wrinkles, scars, redness and acne, reduce inflammation in cells and increase blood circulation.

We truly embrace an active lifestyle therefore the super portable Aerify Cupper will be your perfect tool for home use, travel, office, training camps, race days or even as a professional's helper in any physiotherapists and massage therapists practice. Feel free to use massage oil or lotion for a sliding cupping massage.

# What's in the box?

1x additional small cup with curved surface for better fit for neck & arms

3x extra cotton filters

safety lanyard

remote control

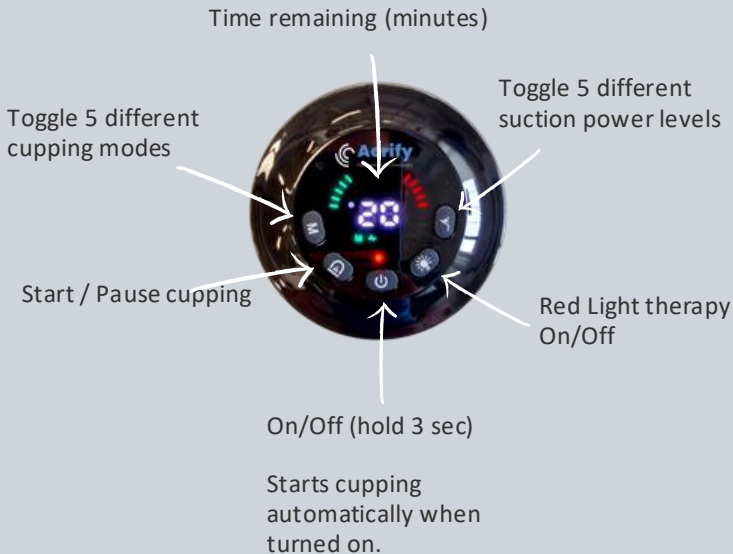


Aerify Cupper with 1x regular size cup



Hard shell case for protection and carrying

# Aerify Cupper interface



# How to use Aerify Cupper?

- Please, read the user manual and contraindications to make sure the product is suitable for your intended use.
- Use it only directly on your skin without any clothing. Optionally you can use massage oil, gel or lotion for a more comfortable massage.
- Put the cupper on the intended body area, press and hold the On/Off button. Suction is on by default.
- Press the M button to toggle between 5 different suction modes indicated by number of green LED lights.
- Press the Suction Power level button to toggle between 5 different levels of suction power indicated by number of red LED lights.
- Press the light bulb button to switch on/off the red light therapy.
- Press the pause/start button to pause the suction or restart it after putting the cupper again on the intended body area.

# Suction power and time settings

Aerify Cupper has 5 different suction power levels . Press the suction power button ( ) to toggle between the suction modes indicated by number of red LED lights.

By default the suction power level is 1.

Depending on personal preferences choose one of the levels from 1 to 5.

For the the curved surface cup we recommend to use at least level 3.

The red LED light indicator shows the current intensity level.

By default the time for modes 1 to 4 is 12 minutes (mode 5 - 20 minutes). It is recommended to use the cupper 4-12 minutes for each spot.

# Choose your cupping mode

Toggle the various cupping modes by pressing the M button



Aerify Cupper has 5 different suction modes for various purposes of cupping. Press the M button to toggle between the suction modes indicated by number of green LED lights.

Mode 1 - a light, rhythmic massage ideal for a warm up

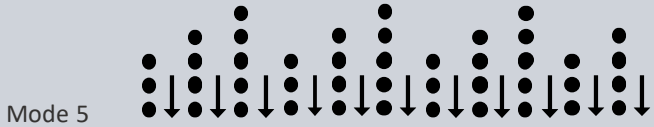
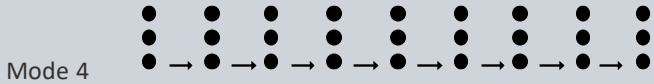
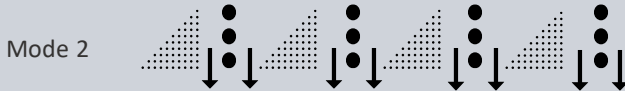
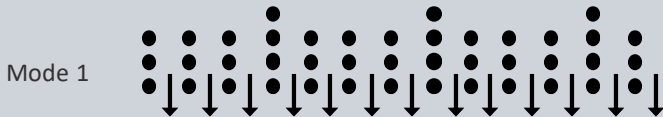
Mode 2 - a gentle wave massage for sore muscles

Mode 3 - slow power mode for maximum suction power, ideal for professional sliding cupping therapy

Mode 4 - fast power mode for maximum suction power, ideal for professional sliding cupping therapy

Mode 5 - an intensive, progressive rhythmic massage for the ultimate suction massage experience

# Cycles of the 5 suction modes



# Using the cupper with massage oils and lotions

Optionally you can use massage oil, gel or lotion for a more comfortable massage.

For professional cupping done by a physiotherapist or massage therapist a liquid medium is recommended.

Use the massage oil or lotion as usual spreading it evenly until no poured liquid is present on the skin before putting the cupper on the body.

For a sliding cupping massage we recommend to use the modes 3 and 4.

Start the cupper, wait for at least 30 seconds until the suction has attached the cupper to the skin. Using both hands gently slide the cupper in the direction of the muscle fibers. Make sure that the skin is well moisturized to avoid discomfort and skin damage.

Use the liquids with caution.

The manufacturer is not responsible for damage to the air pump due to improper use of liquid products.

# How does the Aerify Cupper work?

Aerify Cupper creates suction force inside of the cup that pulls the skin upward. Suction from cupping draws fluid into the treated area. This suction force expands and breaks open tiny blood vessels (capillaries) under the skin. Your body treats the cupping area like an injury. Cupping increases blood circulation to the area where the cups are placed. This may relieve muscle tension, which can improve overall blood flow and promote cell repair. It may also help form new connective tissues and create new blood vessels in the tissue.

Aerify Cupper outperforms classic vacuum cupping therapy with its dynamic suction. The alternation of suction and release enhances efficient blood circulation and speeds up the recovery process.

Additionally the red light therapy helps to achieve an even more effective treatment with boosting the benefits of cupping that may include relaxation, pain relief, inflammation reduction and overall faster recovery.



# Contraindications

- Do not use the Aerify Cupper during pregnancy or with any medical implants (e.g. cardiac pacemakers), life sustaining medical electronic devices, medical electronic equipment.
- Any severe cardiovascular disease,
- Arrhythmia,
- High blood pressure,
- Poor coagulation,
- Acute pulmonary edema,
- Acute infections,
- Osteoporosis,
- Episodes of pulmonary embolism,
- Acute thrombophlebitis,
- Deep Vein Thrombosis,
- Blood Clots,
- Bone fractures or dislocation,
- Open wounds or inflammation,
- Severe skin allergies or skin infectious diseases
- Severe nervousness, high fever, convulsions, spasms, manic restlessness
- Feel pain,
- Feel unexplained tiredness,
- Going through a surgery or have just had one.

!!! Consult your doctor if unsure that you can use dynamic cupping therapy

# Important warnings

- Please, consult your doctor or physician before using the Aerify Cupper. This product is not intended to diagnose, cure, treat or prevent any diseases.
- Keep out of the reach of children
- Do not apply to wounds, scars or areas near the heart
- If discomfort occurs, stop using it and inform your doctor immediately
- Avoid using the cupper to one skin part for too long (more than 12 minutes) to avoid skin damage
- Do not use over area of previous cupping therapy
- Do not use on sensitive areas, sensory organs, face, private areas, large blood vessels or near the heart
- Do not use a damaged product
- This product does not replace a medial treatment
- This product contains lithium batteries. Please, do not disassemble, modify, immerse in water or throw in fire to prevent damage and explosion. Please, recycle the product when the service life is over.
- Please, use the product following the instructions.
- Redness or bruise might occur after using the cupper. The red spots normally disappear after 3-5 days.
- Suitable for people over 16 years of age
- Do not use the cupper while driving a car or operating heavy machinery
- Do not leave the cupper near heat or in a direct sunlight.
- When the equipment, batteries and packaging is being discarded, it should be disposed according to the disposal procedures and rules. Pay attention to environmental pollution.

# Cleaning and maintenance

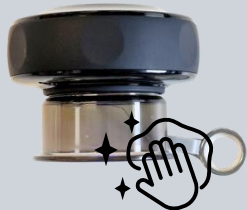
Turn off and clean the cupper with a dry cloth after each use.

Do not use any acidic or alkaline cleaners, alcohol, thinner, gasoline, nail polish remover or any other solvents. Do not use hard brushes or a stainless steel sponge to avoid scratches and damage. Do not submerge the cupper in water or pour water on it while cleaning it - the cupper is NOT water resistant.

Use and store the cupper at room temperature only.

Store the cupper in a safe and dry place, away from any heat source or direct sunlight.

The cotton filters are made to block dust and liquids for internal cleanliness of the cupping machine. Please, check and replace the filter based on the frequency of use.



# Charging the cupper

To charge the Aerify Cupper use the USB type C cable and attach it to an adapter or a laptop.

The charging time for the Aerify Cupper is ~2.5hrs for 3hrs of battery life.

The charging indicator light is red during the charging and turns green when the cupper is fully charged.

Keep the charging port of the cupper clean and do not continue charging the cupper after the battery indicator turns green.

Please, do not use the cupper while it's charging.



# Technical information

- Weight - 0.2 KG
- Size – 9 x 9 x 7 cm
- Power Consumption – 5 W
- Charger output: DC 5V - 2A
- Charging time: 2.5 Hrs
- Red light wavelength: 630-670nm
- Suction power: -60~0 kPa
- Battery capacity: 1800 mAh



# Troubleshooting

## CUPPER WON'T TURN ON

- Charge the battery of the cupper. It needs approx. 2.5h charging for up to 3h of using.
- Press and hold firmly the on/off button for 3 seconds.

## BATTERY WON'T LAST or CAN'T CHARGE

- Make sure the cupper is fully charged (min. 2.5h) before you use it.
- Try again with a different socket
- Pull out the adapter and make sure it's in place
- Check and clean the adapter and the charging port
- Replace the adapter or charging cable

## WEAK SUCTION POWER

- Re-install and tighten the plastic cup
- Check the air inlet and outlet if it's not blocked
- Check the power button
- Check if the filter needs to be replaced

## Warranty and repair

We stand behind the quality of our products therefore the warranty for the cupper is 2 years (24 months) from the date of purchase. Warranty is only applied for factory defects! If your cupper has problems due to bad maintenance, e.g. accidental drop of the cupper, someone put something heavy on it or let kids play with it, let it sit too long in the sunlight, used it in a sauna, let it soak in the water, caused any other kind of damage by not using it according to the producers guidelines, then the warranty will not cover it. Make sure to read the warnings and most importantly – please, follow them!

A female athlete is captured in a starting crouch on a track at night. She is wearing a dark, textured singlet and shorts, with her hands on the ground and feet in white sneakers. The background shows a large stadium with a curved, perforated roof and bright lights. A large screen on the left shows a similar scene. The overall atmosphere is energetic and focused.

boosting your natural  
recovery

[www.aerifyrecovery.com](http://www.aerifyrecovery.com)

