

Clara Cohen: we have so many tools in our toolbox, right? I mean, it's not just acupuncture. We have herbs, we have electro acupuncture, we have different microsystems, we have moxibustion, we have cupping. So many tools. Tui na and I could keep going on and on and on.

So today, on the AcuPro Show, we're going to discuss Cupping. And cupping is practiced all over the world. I remember when I grew up, mother used to do cupping on a friend for arthritis and on my neighbor's husband when he had a hangover the next day after drinking too much to try to kind of, you. Delete the side effect of overdrinking. So I remember that seeing that growing up. And I think a lot of people in Eastern Europe used cupping a lot in their own household and were used to it. It is used everywhere in the Middle East and Africa, in Asia, of course. And so today I have a guest, Sakina Di Pace, who is without trying to. to fell into cupping and specifically facial cupping. So we're gonna talk about everything from how facial cupping can help disorders like trigeminal neuralgia or Bell's palsy to facial acupuncture for lymphatic drainage, and really getting your skin happy. And you know, as we age, we all need that.

So I'm really excited she's on the show today. Let's do this.

Welcome to Acupro, A show dedicated to making Chinese medicine and acupuncture. Easy to grasp and fun to learn. Hi, I am your host, Clara Cohen. I support practitioners and students and like you in changing the world one patient at a time. My goal is to share my passion for TCM and empower you to achieve superior patient care.

I love to showcase the amazing benefits of acupuncture because after all, acupuncture rocks.

Clara Cohen: To the AcuPro Show, Sakina Di Pace. First of all, I love your name because Di Pace, which I speak Italian, and in Italian it means of peace, so you come in peace.

Sakina Di Pace: Yes.

Clara Cohen: So I love your last name, but what's interesting about Sakina is that she's French and she lived in Canada and she lived in England and now she's back in France.

So we're gonna look at her journey and first of all, welcome and thank you for coming to the show today.

Sakina Di Pace: Thank you so much, Clara, for having me.

Clara Cohen: So I just wanna back a bit and start with your journey and your interest in Chinese medicine. I know you studied in Montreal, in Canada. What got you excited and did you move to Canada for this? Were you already there? Tell me your little journey.

Sakina Di Pace: I was studying economics. That's my first part of the journey was economics and I went to go study in Concordia in Montreal pure economics. Okay. Then I came back to France after this crazy year in Canada, which was the most beautiful year abroad.

traveling with friends all over Canada, not studying very much, I have to say. And I came back and in the south of France and I was like, no, I want to do something to help other, I don't want to study pure, economics. I did a break doing some meditation in a Buddhist center in the uk and I met a woman over there who had bell pals.

Okay. And so paralysis of one side of the face, and the only thing that was helping her was acupuncture. And I didn't know much about acupuncture. During this meditation time, , I was really questioning about what I want to do in life and it becoming clearer and clearer. I wanted to do something to help others, and that's why I thought, okay, you know what?

What about I study acupuncture? I mean, it was in this Buddhist center, everybody was seeing the same acupuncturist, and it all made a lot of sense. So it's not about me personally experiencing the benefit of acupuncture, even though while I was studying, I experienced it a lot, but it was seeing the result on many other people.

And so I decided, okay, fine, let's do it. I leave the meditation center and I go to Brighton to study acupuncture and it was a life changing experience on so many levels.

Clara Cohen: Okay, so then you studied, then in England, and then now you're

Sakina Di Pace: Yeah.

Clara Cohen: France. And

Sakina Di Pace: Yeah.

Clara Cohen: okay, when you were in Canada, you were doing economics, which you're right. That's so different. I've been teaching since 2008, I've had a lot of students, every year you get new students and I always ask them, what did you do before?

What was your degree before? If you had one. And, and I've had people coming from finance and

Physiotherapist or, or massage therapist or that were like in science based, but a lot of people were like, you just kind of completely veered off.

From what they originally started. So you are now back in France because just before we started the show, Sakina and I were talking about how French food is excellent. And that's something that I miss, that's something that I love is the French food. So you're back enjoying French food in beautiful regions of France specifically in Brittany, which, oh my god, the cheese and the crepes and the cider and all the food there is excellent.

I love it. So now. The reason Sakina is here, is to talk about cupping. What happened is, I'm on Instagram, as you know, and I'm on social media, and one day, a few years ago, I found this woman that was talking about cupping on Instagram and she completely exploded at the time of recording, she has over 360,000 people following her, her. Instagram reels are so well done and they blow up into, you know, thousand hundred thousand millions of views and she's very good at showing what can be do for cupping. But specifically, she didn't go into just cupping. No, no. She went little narrowing into more facial cupping. So I would love for you to tell me this journey about you going online and decided to talk about facial cupping Only because with all the tools we have in our toolbox, why this one specifically?

Sakina Di Pace: Okay, so the story I went online by chance. It wasn't my plan. Okay. I was an acupuncturist, so I studied, in 2008, I work as an acupuncturist in the uk, in the US as well. I was working on cruise ship. I started incorporating facial cupping quite early in my practice. It's not something we learn at school.

We learned cupping, we learned fire cupping at school, you know, like like most acupuncture school, I think in the world. And I had a patient with BE Palsy, so Bell Palsy has been with me like since I wanted to do facial cupping. For some reason, a lot of people with bell's palsy came to me as patients. So I was doing acupuncture on them.

I started to do a bit of electro acupuncture and I was thinking, what about doing cupping, but obviously you don't want to do fire cupping on the face just for safety reason. So it was back in 2011 I was thinking what can I do for this woman? And I just knew fire cupping and I Googled online face cup, like a cupping for the face.

And I found this cup from eBay, you know, from South Korea. I got them and I started, you know, following the seven cranial nerves and the trigeminal nerve as well, just following the pathway of the nerve with the cup. And it made a massive difference on top of acupuncture. So I was like, oh, wow, that's really nice.

And soon after that I had another patient with trigeminal neuralgia, which is inflammation of the nerve. And I did the same except this woman, she started crying because it's really painful, but she started crying of relief. Like it was really, really helping her. And I was like, wow, it's kind of magical.

this cup And I was thinking, okay, if I can help someone who has like a weakness in the muscle. Paralysis is in the muscle. What about I start incorporating facial cupping into my cosmetic acupuncture treatment? So I just did it by chance. I was doing my cosmetic acupuncture treatment and I was keeping like 20 minutes at the end of the treatment.

It was like an hour and a half for facial cupping and all my client absolute loved it. It's like massively relaxing. And at the end they were always asking, why can I buy the cup? What oil can I buy? And me, I just wanted to be an acupuncturist. I understand it could be a business, but I didn't want to be into the retail business.

So I was sending them to eBay, Amazon except COVID happened. Okay, so COVID happened. I cannot see my clients anymore. I am stuck at home with two small children. At the time, they were like one and three. My husband has to work from home. I have no more clients and I found my escape into going into a big park.

Every day. And I met an Italian guy actually, and he had a little boy, same name as my son. And we started chatting instant connection. He had to escape to let his wife work at home. And me, I had to escape for my sanity and also to let my husband work. And so we were both like having to spend time outside.

And and one day he tell me, oh, you're gonna meet my wife. So his wife arrives and she had a business about sugaring.

She had a amazing business except she got massively hit by COVID. And we just chitchat, what do you do? I'm like an acupuncturist. And she said, do you do facial cupping? And I'm like, yeah, facial cupping is like my thing, you know? And she said, oh, you should open a business.

And I said, okay, that's really the story. I said how should I call myself? And she said, the facial cupping expert. I just went for it. She knew already about business. So I went into her office. She helped me book a domain name. I had no idea about it. So we went on good ideas.

The facial cupping expert.com, the facial cupping expert.co.uk Instagram handles the facial cupping expert. She record me. If you see the first video it's her outside her office recording a one shot video. You know, it wasn't a retake or anything saying like, hi, I'm Sakina I'm gonna show you how to do facial cupping.

And, that's a story mainly.

Clara Cohen: Wow. So that's interesting. First of all, COVID definitely because of it made a lot of shift for a lot of people. A lot of people shift during COVID because they were forced to rethink things, right? We all had to deal

Sakina Di Pace: Yeah.

Clara Cohen: not being able to work, so, so that's interesting that the universe kind of showed you that, you know, you really enjoy facial cupping. This is something that you see the results in your patients. You've used it.

Sakina Di Pace: Yeah.

Clara Cohen: why not expand that as a bigger picture to help people? Because I don't do cosmetic acupuncture, and a lot of people

Sakina Di Pace: Mm-hmm.

Clara Cohen: acupuncture and love it.

And I have a course on my website on cosmetic acupuncture, taught by my girlfriend and a colleague Rebecca Stephens. She uses it, she loves it. She does it on me. It's. Fantastic. I love it.

AD: Since I started Accu Academy, many people have asked me to offer a cosmetic acupuncture online course. However, I do not practice it, but I found the perfect person for that. My friend and colleague, Dr. Rebecca Stevens, has created a course that is easy to digest, very practical, and provides a wealth of knowledge.

You can diversify your practice and increase your earnings while delighting your patients by adding cosmetic acupuncture, or sometimes call facial rejuvenation to your repertoire. This course contains everything you need to start practicing facial acupuncture. Immediately upon completion, listen to what people who invested in this course had to say.

I was excited to take this course in order to add facial acupuncture to my services and was blown away by Dr. Rebecca's knowledge. She is calm and explain everything so well. She obviously has a lot of experience in the area, and I can't wait to start utilizing this new skill on my patients. I would highly recommend this course.

Here's another one. This is a great course. Everything was well explained, but without being repetitive, the video demonstration was so well paced, clear and complete. It definitely made me feel more confident to practice cosmetic acupuncture. Thank you, Dr. Stevens. If you ever wanted to offer cosmetic acupuncture to your.

As an alternative to Botox and other chemicals, this is the course for you. Go to acuproacademy.com and click the TCM course on the menu tab or check out the link in the show note below.

Clara Cohen: the facial cupping for me, what I loved is that you shared on how to use it for trigeminal neuralgia, for jaw pain, for, bell's palsy.

And so for anybody's listening and practicing, start experimenting because I think it's important. If you've never done facial cupping for those specific disorders and issues, you will see the results. So I really appreciate you sharing this because you're right, we were not taught to do cupping on the face for specific pain.

Like even Bell's palsy. I've had like you a lot of Bell's palsy and acupuncture is so good with it. But interesting enough, I do always massage after, you know, but I've never thought of cupping, so I

Sakina Di Pace: it's a good thing.

Clara Cohen: on. I wanna do cupping on my patients that have cranial issues and all those kind of issues.

So thank you for sharing this. I really appreciate the tip because I think that's very useful and very powerful Now. You started online and you started on Instagram and you did videos. So one of the thing I wanna ask you, because I have a lot of people that say, oh, Clara, I wanna go online, but I'm so scared I've never been on video.

I don't look good. I don't know what to say. All this kind of thing. Right. And like you, my first video was very. Not good. It was I was robotic and my arms were down to my side. My shoulders were up to my ears

and I was speaking really slowly, like, hello, I'm Clara. It really is so bad. But that's the point, right? I think practice makes better and better. It's

Sakina Di Pace: Yeah.

Clara Cohen: acupuncture at first was scared to needle and we don't know what we're doing, so,

Sakina Di Pace: Yeah. Yeah.

Clara Cohen: one of the question that people ask often because the point of. All of us being online is we educate the world about the possibility of Chinese medicine, of acupuncture, of facial cupping, of all those tools we have.

And if we do this, then the education spreads and it helps the whole community of TCM practitioners in the end. Right. So educating patients is not just to build a practice, it's also really you're doing something at the global level as well. So. My question is, how did you feel? Did you feel comfortable being online?

And how did you figure out how to do reels? How to do all this? Did you just kind of press a button, say, see what happens?

Sakina Di Pace: I joined Instagram, so with zero followers, I, starting from scratch, I started to follow this girl called Jeannie. That was like kind of Instagram guru, and it was just at the time where Instagram was starting and she had been doing TikTok videos and so I just bought her course.

It was very, very cheap and she explained how to do a reel, so I just followed what she said. But if you see my first reel, you know, it was when we were

pointing and I'm like, the five mistake of facial cupping. Some like that ding thing. Yeah. I, I think,

Clara Cohen: your fingers.

Sakina Di Pace: yeah. You remember it was,

Clara Cohen: reels were that too. I was like you can't sleep. Okay. You point and you're like, there's a

Sakina Di Pace: yes,

Clara Cohen: And then you show the

Sakina Di Pace: there is

Clara Cohen: Yeah. And you

Sakina Di Pace: Yes, yes.

Clara Cohen: You don't speak. Yeah.

Sakina Di Pace: No. And I was like doing little jump like, anyway, so, so, how did I start? I think I'm not afraid to fail and having a business, if you want to improve, you have to be okay with failing. So you have to be okay in looking ridiculous. And in a way, I've heard a lot, if you look at what you were doing six months ago, if you're not kind of ashamed, it means that you're not growing. And I like that.

You know, so you have to be okay with, just pressing the button record and just doing it and also not trying to copy, I mean, that's difficult, but if you are shy, just don't try to be confident because you're shy. There is a community for everyone.

Clara Cohen: Yes.

Sakina Di Pace: And maybe your community, maybe might not be my community. And the world is big, so we will attract what our energy is showing to the world. And if you see somebody that is a bit shy, for example, doing a video, someone that is a bit shy, maybe we relate to this person .

Clara Cohen: When you're authentic, people relate to you because not everybody will like you. That's just normal, right?

Sakina Di Pace: Yeah.

Clara Cohen: relate and they're like, oh, I really like the way she does things, and I love

Sakina Di Pace: Yeah,

Clara Cohen: things, and that's so useful. So I'm gonna continue to kind of show up and learn from this person.

So yeah, I think being

Sakina Di Pace: yeah,

Clara Cohen: being yourself. Is the way to go because people can feel if you are authentic or not, right? Like I

Sakina Di Pace: Yeah.

Clara Cohen: you went completely silver 'cause you weren't silver

Sakina Di Pace: Yes,

Clara Cohen: know

Sakina Di Pace: yes,

Clara Cohen: I love it. I see the video the first time, I'm like, oh my God, Sakina is all silver.

You

Sakina Di Pace: yes.

Clara Cohen: I loved it.

Sakina Di Pace: You know what? I was scared. I was like, oh my God, I look so much older. And I was scared that some people will unfollow, some people

unfollowed, I don't look as young as what I start, but it's okay. You know? I was just thinking maybe older people will more relate to me. You have to not be affected too much.

Clara Cohen: You have to let it go. You post it. And you know

Sakina Di Pace: yes.

Clara Cohen: what's interesting is I always think, you know, let's say you get a thousand views, right? And people would say like, you have over 360,000 followers. So if you get a thousand views, you would think, oh, that's a lot.

But when you think about it. It's a thousand people.

Sakina Di Pace: Yes, yes, yes, yes, yes,

Clara Cohen: people, I would think, oh

Sakina Di Pace: yes,

Clara Cohen: at me. This is amazing. Right?

Sakina Di Pace: yes, yes, yes.

Clara Cohen: have to see this perspective of this number. Those are real people. It's a lot of people, right? So as long as

Sakina Di Pace: No. Yeah. Yeah.

Clara Cohen: and you, you help someone, then I think that's fantastic.

AD: Before we continue with today's episode, I wanna share something that honestly feels like a big moment for me if you've been following me for a while. You know, I've always said no to all sponsorships. I've been approached many times, but I turn them all down because if I don't genuinely use a product or love it, I will never recommend it to you.

But today is different. I am super excited to introduce my very first sponsor. Drum roll please. Jane app. I'm also a Jane Ambassador, so this is a company I actually use and love. I am saying yes because I've used Jane for years in my

own multidisciplinary clinic. Truly, it's the best practice management software and electronic medical record.

I've ever worked with before, Jane, we were using a clunky system that made everything harder than it needed to be. When we switched the entire clinic, felt the difference immediately. Jane is built by people who actually understand what it's like to be a practitioner. Running a busy practice. One of my favorite features is online booking.

There is nothing better than waking up and seeing patients booking their own appointment. Well, I was asleep. Your patients can book when it works for them and the wait list feature. Fills last minute cancellations automatically. I love that. I used to spend so much time calling eight to 10 people just to fill up one spot.

Jane also automates the things we never enjoy doing, like intake forms, reminders, confirmation. It honestly feels like having an extra assistant handling all the moving parts. You can focus on what really matters, which is supporting your patients and being the TCM rockstar practitioner. You truly are.

There are so many features I could talk about, but we would be here all day if you are looking for a system that brings more ease, more clarity and comment to your practice. I truly. Recommend Jane. You can check it out at jane.app/demo. And because you're part of the Acupro community, you can use my code `acupro one mo one month` when you sign up to get a one month grace period on your new account.

The link and the code are also in the show notes below for you. Now let's get back to today's episode.

Clara Cohen: So you grew that whole Instagram and it became a business because obviously facial cupping expert handle is to show people what facial acupuncture can do, mostly for cosmetic. So I'm glad you went silver with your hair because. You know, us older women do want more cosmetic facial help, right?

The 20-year-old is not gonna want that as much as we do. Obviously it's great for them 'cause they could do preventative and get lots of lymphatic drainage and all that. That's great. But I think it really connects with us. I mean, I'm gonna be 60 soon, I totally get that, you know. But I dye my hair. My hair is a gray, believe you me, I haven't done the silver yet. I just, I can't go there yet, my vanity could just not do that. But,

Sakina Di Pace: Yes, yes, yes.

Clara Cohen: tell me, what's behind the business now? Do you just sell cups? What do you do exactly?

Sakina Di Pace: It's true. You know, I like, I really found my path. I love running a business. It comes with so many issues. But I've expanded my business in other tools. So the second one, my second bestseller is another acupuncture tool, which is a seven star Blossom hammer. I. It's incredible.

Like now I'm out of stock. People don't know about it much. And what is interesting, there is almost no needle tapping course at all online. So you can do, like a bloodletting course, like as a acupuncturist which is great, I really enjoyed this course.

When you can do it on the varicose vein for many condition, but for the general public, you don't want to teach that, right? You don't want to teach bloodletting to somebody that doesn't know.

Clara Cohen: Completely unsafe.

Sakina Di Pace: Yes, yes. But it's such a good tool for alopecia. So I used to use it a lot as a, as an acupuncturist as well for alopecia.

And I hesitated very much before launching it. But after some time, I was like, let's do it. I mean, it's such a good tool. So the seven star plum, blossom hammer for, you know, eyebrow hair growth for alopecia it's, it's another tool that's really well in my shop that I also comes with online tutorials.

Clara Cohen: I think I would hesitate too, just because I think that for people that, use seven star. Also called plum blossom. Looks like a little hammer with, seven little needles, very, very small. And then you tap to get some blood circulation and it's really good for alopecia. And I have used it for my patients specifically when alopecia comes from stress, you know, all that kind of stuff that happens.

Patients, however, it would be very hard for me to kind of go would people that buy it hurt themselves? Would they tap really strong and it would create some issue or too much bleeding or, or whatnot?

Were you worried about that?

Sakina Di Pace: Yes, that's why I hesitated. I think it took me over a year to decide to go for it. And then I said, you know what? Let's just, back up insurance and just with an online course and disclaimer and I just explained how to do it and you shouldn't bleed. It's not the point you want to activate dormant, follicle hair follicle.

It won't work on somebody that has a lot of people asking, is it going to work for a bald husband and no if the follicular are gone, no, you know, it really works for dormant follicle. So, for example, if you over plucked your, your eyebrows. In the nineties, that's really good to bring them back. Or if you have alopecia or hair thinning because of hormones, that's really going to wake up the follicles and help and have amazing before and after Amazing testimonial.

It's great. And it's also work on the nervous system, so the, the tap actually go into the sensory nerve system and it's actually very relaxing.

Clara Cohen: You are. Right. It is a great tool. I

Sakina Di Pace: it is. Yeah.

Clara Cohen: to use it. So I think it's just underutilized in clinical practice and we don't talk about it a lot

Sakina Di Pace: Now we don't talk about it a lot. No.

Clara Cohen: true.

Sakina Di Pace: Yeah.

Clara Cohen: I mention it, sometimes I talk about in blog posts or Instagram, I'll say for endometriosis.

One of the things that I do is I do. Plum blossom on the sacrum area, specifically bladder 32 area. And I will do this, on a regular basis for the patients, for the pain to try to kind of really help the circulation in the area and the extra tissue for endometriosis. And I share that and people often ask, what's a Plum Blossom seven star, I've never heard of this.

Have just like you at TCM communities from all over the world, and

Sakina Di Pace: mm-hmm.

Clara Cohen: just teach acupuncture, right? Nothing else, right? They don't teach electro acupuncture. A lot of schools don't teach, like you said, facial cupping or they don't teach ear acupuncture.

That's a microsystem that most schools don't teach at all, right?

There's a lot that. Is not taught in our system because there's so much, and I get that. I I totally understand that. So it's something that I love to use in practice for disorders and for alopecia and for endometriosis a lot.

But I think you're right. A lot of people are not quite aware of all the tools we have in our toolbox. So thank you for

Sakina Di Pace: Yeah, yeah. My pleasure. I'm wondering if I was taught at school, actually, I don't even know because even electro acupuncture, I self taught myself mostly. I think we had like an hour or half a day. It was an extra course. Cosmetic acupuncture. It's an extra course.

Clara Cohen: I wanted to go back on the cupping area. So what's interesting about cupping is. It is worldwide and people in the Middle East have used it for a long time. I mean, ancient Egypt was using it. China, of course, a lot of places. Rome, I think Hippocrates used to use cupping as well, so. used to use different cups, I guess like horns from animals, and clay pots and everything.

And some places they still use that. So they use cupping all over the world. And we have different kind of cupping, like you said, you know, like fire cupping. We have hijama, which is kind of wet cupping or basically bleeding. We also put cups over needles. There's a lot we can do with cups. What kind of cups do you use for facial?

I assume it's silicone cups.

Sakina Di Pace: Yes.

Clara Cohen: you walk me through the process of how you would do a facial cupping on someone?

Sakina Di Pace: Yes. So I have to create a protocol, you know? When you self-taught, I have this tool in this in my hand. So I started following, you know, the nerve pathway for people with a condition like bell's palsy trigeminal neuralgia. But when it comes to facial cupping or for cosmetic reason that's another story.

Or for sinus, it is for jaw tension. You know, you can focus on the area. Clear up is a sinus the best way is to follow the lymphatic drainage pathway.

Clara Cohen: Okay.

Sakina Di Pace: the best way to do it. And I got to have a step by step protocol. So I explain a six step protocol. Okay. First, you stimulate the lymphatic cyst down the neck.

Clara Cohen: Okay.

Sakina Di Pace: And then you follow the lymphatic. So you go from the bottom of the face. Up. So on the jawline, on the cheek, on the forehead. Okay. Then drain back down to the neck towards the clavicular bone where the lymphatic system connects to the circulatory system, which is

always interesting to finish at the neck, even when you're doing dry brushing on your body you want to finish as well as the neck because it'll go back to the circulatory system over there. And then you do the delicate area, like around the eyes just flash cupping.

So squeeze and release. You don't want to pull the skin in delicate area, like around the eyes and the lips. And you can add Décolleté as well. I generally do it after stimulating the lymphatic system down the neck and that's it. You're done.

Clara Cohen: French, I'll say the difficulty means like the upper chest area

Sakina Di Pace: Yeah. So per chest. Yeah. 'cause a lot of people complain about the sleep line. If you sleep on your side and and when we start in our 40, 42, you know, 42, which is a number in Chinese medicine, right? Every seven years where aging starts to speed up . But it's interesting, it's in the Chinese old text, and then when we start to start to see this chest wrinkle facial cupping is so good for that one of my favorite area to do.

Clara Cohen: For round the eyes and the lips, you do more cupping. That's soft and release.

Sakina Di Pace: The lips a little bit less, but for the eyes. You just want to squeeze and release. For the, eyes. We really have to be gentle. Some lymphatic drain specialist, even for facial dry brushing, they say you could almost avoid the eyes area. It's so thin.

Clara Cohen: So then when you do your lymphatic drainage from the neck up to the jaw all the way up, I assume you use oil in order to slide the cup up and

Sakina Di Pace: Yes. Always. Yeah.

Clara Cohen: do you use? Or does it matter?

Sakina Di Pace: Yeah, it definitely matters, but I also learned the hard way, you know, because I've never been a aesthetician? Okay. So first I started with coconut oil. But it's not good. It was at the time, you know, I dunno if you remember 2012, coconut was everywhere, but it's massively comedogenic, so it clog your pores.

So you do cupping with that. And if you don't remove the oil, you're gonna wake up with like, break out, you know? So you don't want that. So you want a non-comedogenic oil. Which mean an oil that doesn't clog the pores. Okay, so Jojoba Oil. My favorite is prickly pear seed oil from Morocco.

I went there to visit my supplier with my son like two years ago. And it's a very long process because the prickly pair, it's easy fruit to have, it just needs some sun and a cactus. But the oil it's taken from. Seed and the seed contain only 5% of oil.

So you need 1 million seed to produce one liter of prickly pear seed oil. It's the most expensive on the market. But it has so much antioxidant and so much vitamin E, like 150 times more than argan oil. It's a beautiful oil.

Clara Cohen: Is there another oil that people use in general?

Sakina Di Pace: Yeah, jojoba, rose hip. Facial cupping will boost or increase the absorption of all the active ingredient present in cream and serum. So make sure it's a clean one. Mostly non-comedogenic and clean, like pure rose hip.

Clara Cohen: So when you go through this routine, do you do this once a week, once a day, and of course it depends on the person's health and what the requirements are and how old they are.

I totally get that. But in general.

Sakina Di Pace: I recommend just twice a week and in the evening, so you really help the skin regenerate during the night. So for me, it's really like you should protect the skin during the day and nourish the skin during the night.

Like most of the skincare should be in the evening, , I'm not an esthetician, it's just my experiences and acupuncturist doing facial cupping.

But for me, the morning is about putting SPF, and in the evening is if you have like any cream, I just put prickly, do cupping twice an evening and that's it. You know, I, I'm very minimalist when it comes to skincare.

Clara Cohen: Yeah, me too.

Sakina Di Pace: Yeah,

Clara Cohen: My audience mostly are acupuncturist and acupuncturist students, so I would love for you to have a couple of partying words for them when it comes to cupping in practice.

Sakina Di Pace: cupping and practice. Okay. So I actually have a official cupping course for professional, and I do, yeah. When I started, I did this six step protocol for actually my client. That I couldn't see face to face so they could do it at home. I started also doing it, so for people who will buy my cups, or for people who just want to learn.

But then very quickly, it's actually some people asking me to do a course, a professional. So I have an accredited online course, like it's worth like 15 ce, or CPD in the UK credit. And it's also. IPHM accredited anyway. And so it's a great way to learn what to do.

So I teach how to do it on yourself and on your clients. So otherwise you can just, you know, invent something. But, but I, it's nice to. To follow a step by step. It's not at all that I want to sell my course. It's not my point, but it's like in the course, I demonstrate on me on the clients how to do it for cosmetic reason, but I also cover like bell policy, headache, sinusitis, I give a bit of acupressure and it's a very complete course. So it's a great way to get started. I mean, I'm just thinking you can just create something on your own like I did at the beginning, you know, but you will make so much error.

Like I like. If you saw how many people I turned purple by mistake. Honestly, like you make mistake, like as I said at the beginning, when you're an entrepreneur, you need to be ready to make mistakes. So taking a course will avoid you making those mistakes, you know?

Clara Cohen: Yeah, that's a really good point. And we'll have the link to your course in the show note if people are interested because I agree. I think it's great to learn from others that have did the trial and

Sakina Di Pace: Yes, try yes.

Clara Cohen: now are, are able to see what works and what didn't work. And that's something

Sakina Di Pace: Yes.

Clara Cohen: But yes, the cupping, side effects often can be bruising. So bruising on the body, people they're aware of it. They've seen it online, they're probably okay with it. But yeah, bruising on the face is a little bit more scary for people because now. If people are gonna see it and they might be uncomfortable.

So if we could

Sakina Di Pace: Yeah.

Clara Cohen: face, I think that's a, that's a really good

Sakina Di Pace: Yes, yes. Yeah. Learning from my mistake, like one woman, I mean, the husband called me, but they were really kind, you know? But I just did it too much and when you don't know, you don't know.

Clara Cohen: I think it's, even if you have a consent form and you explain to the patient this could be a bit of a side effect and everything, it's still scary for people because, I could see the husband seeing his wife and going, oh my God, you

Sakina Di Pace: Oh,

Clara Cohen: So out of love.

You know, you're coming and

Sakina Di Pace: yes,

Clara Cohen: did you do? So.

Sakina Di Pace: yes. I just did too much. Now I explain how many times you need to do it and patient's skin.

Clara Cohen: Well, I really appreciate you saying yes and coming on the show and sharing your experience with cupping with being online. I really appreciate all the tips, all the ideas 'cause. So useful and I think everybody will enjoy it. So thank you Sakina. Again, we'll have all the show notes below with all your links. I really appreciate you being here. Thank you for coming.

Sakina Di Pace: Thank you so much for having me, Clara.

Clara Cohen: Thank you so much for spending your time with me today. I truly hope you benefited from this episode, and I would love for you to share it with a friend that may benefit from it as well. Follow the show, live a review, and if you want more, go to my website, [acupro academy.com](http://acuproacademy.com). I have tons of resources there with treatment protocols, case studies, free courses, and so much more.

And connect with me on all social media at Acupro Academy. I'm on YouTube, Instagram, Facebook, X, Pinterest and LinkedIn and TikTok, and no matter what, keep rocking it using D cms. Please listen to the disclaimer because the Acupro Show podcast and material shared through Acupro Academy, which is a subdivision of Natural Health Sense Incorporated, are designed solely for educational and entertainment purposes.

The utilization of information from this podcast or any associated material is at the user's discretion. This content is not meant to replace the guidance of an acupuncturist, Chinese medicine doctor, medical doctor, physician, or any qualified professional, nor is it a substitute for proper diagnosis or treatment.

Users are strongly advised not to ignore or postpone seeking medical advice for any existing medical condition with their healthcare professional regarding any health concerns.