

GUA SHA TUTORIAL

Follow these instructions to employ the ancient technique of Gua Sha, which is beneficial not only for those who wish to combat aging, but also for allergy sufferers, those with sinus pressure, and those with angioedema. Use the Gua Sha Tool to move the lymphatic fluids through the pathways, removing wastes and toxins from the system, leaving the skin less puffy and firmer in appearance. Take a before and after picture...the results are visible!

A few tips before beginning:

- Always clean Gua Sha Tool before and after using with warm water and soap.
- Always do movements starting at the center, and going to the sides, following the lymphatic pathways.
- Do not use on areas with acne breakouts or open wounds.
- Best when used with a noncomedogenic oil or serum, like Dermalogica's Phyto Replenish Oil, for easy movement, especially if the skin is dry.

Steps:

1. Using the flat side of the stone in one hand, and using your other hand to gently pull the skin taut, start in the center of the chest, and pull outward toward the shoulder. Repeat 10X on both sides.
2. Using the curved side of the stone, start at the bottom of the neck on one side, and move upward toward the back of the ear, ending in a small circular massage for tension relief. Repeat 10X on both sides.
3. Using the top of the curved side of the stone, start at the center of the neck, and move outward towards the ear, turning to continue down the neck until you reach the collarbone. Repeat 10X on both sides.
4. Using the curved side of the stone, with the longer end down and your jawline in the "V", go along the jawline, starting at the chin, and continuing toward the ear, ending in a small circular massage. Repeat 5X on both sides.
5. Using the longer side of the stone, start at your smile lines, and move upwards toward the ear, along the hollow beneath your cheekbones, ending in a small circular massage. Repeat 5X on both sides.
6. Using the longer side of the stone, slowly and gently pass from the center of the nose, out toward the orbital bone beneath the eye. (Careful! Delicate area!) Repeat 5X on both sides.
7. Again, using the long side of the stone, start from the top of the smile lines and glide gently toward the ear, along the ridge of the cheekbone, ending in a soft, circular massage. Repeat 5X on both sides.
8. Using the curved side of the stone, with your cheekbone in the "V" and the short side at the top, glide the stone toward the temple, ending in a small, circular massage. Repeat 5X on both sides.
9. Using the long side of the stone, just underneath the eye, go very gently from the corner of the nose toward the temple, ending in a small circular massage. Repeat 5X on both sides. ***Be very gentle as this area is very delicate!***
10. Using the curved side of the stone, start at the center of the forehead, and with the brow bone in the "V", move outward, ending in a small circular massage. Repeat 5X on both sides.
11. Using the bottom curve of the tool, beginning at the center of the forehead just above the supraorbital ridge, glide the tool gently across the forehead, ending in a small, circular massage at the temple. Repeat 5X on each side.

12. Finally, using the long side of the stone, start at the center of the forehead, and glide across the upper portion of the forehead, ending at the hairline. Repeat 5 times on both sides, and you're done!
13. If you really want to surprise yourself, do one entire side first, and compare the difference from the completed side with the other side. You will really be able to see a visible difference!
14. For optimal results, do this twice daily; but, at least try to do it at least once a day.