



GIVE YOURSELF A GUA SHA FACIAL

Relieve stress and improve circulation by giving yourself a gua sha facial! Begin by cleansing your face thoroughly. Pat your face with our Nightly Face Serum to lubricate the skin. Follow these short steps in a slow, intentional fashion. Use the flat part of the gua sha, not the edge. Use caution around the eye area. Use enough pressure that you feel you're working your face muscles, but not so much that it hurts.

1. Sculpt your jawline with the u-edge
2. Define your cheekbones with the u-edge
4. Depuff undereyes and relieve sinuses with the short edge
5. Contour your brow bone and lift your eyes with the u-edge
6. Smooth out fine lines on your forehead with the long edge
7. Clean and sanitize your gua sha for the next use.

You can use your gua sha every day or once a week. If you're looking to reduce stress and improve lymphatic drainage, we suggest using it every day! Please note, some redness can be normal as you are stimulating the blood vessels.

