

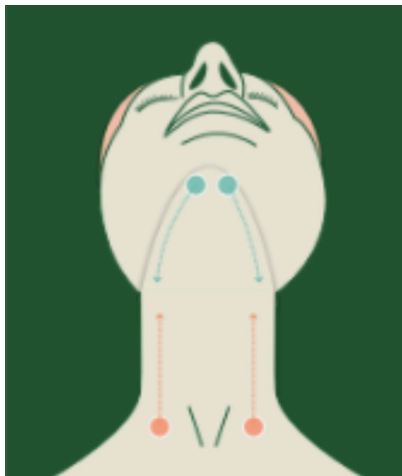
HOW-TO

WILDLING®

BREAKOUTS & GUA SHA



This video is the essential guide for breakout prone skin and how to address it with the Empress Ritual.



INSTRUCTIONS

If you have a breakout, focus on the neck with the Empress Stone. Use downward strokes with the comb edge daily until the acne clears, then resume the full ritual. Be sure that you are using gentle pressure, this is the most effective pressure to detoxify the lymph. More pressure isn't better!

WHY?

BREAKOUTS & GUA SHA



*The Empress Tonic & Oil are great for breakouts
and acne prone skin*

EMPRESS TONIC

Contains some of the most potent botanicals on the planet for stimulating the lymphatic system. The lymphatic system clears toxins from the tissues and optimal circulation keeps the skin clear and bright.

The tonic will calm breakouts, while hydrating and detoxifying.

EMPRESS OIL

Brimming with antibacterial Balm of Gilead & a Resin Nutrient Complex. We chose these powerhouse ingredients used for thousands of years as a beauty elixirs. The bonus is that they are also cure-alls used for healing wounds & first aid. The antibacterial properties of these plants, make them perfect for acne prone skin. They combat the bacteria that contribute to breakouts.

FAQ

BREAKOUTS & GUA SHA



QUESTION:

I JUST STARTED DOING GUA SHA AND I NOTICED MY SKIN IS BREAKING OUT, WHY IS THIS HAPPENING?

Answer:

When you begin doing gua sha you are stirring up stagnant lymph, blood, and qi in the tissues. As your skin detoxes, the “gunk” in your skin comes up to the surface to clear. Sometimes this is in the form of minor breakouts.

Solution:

Use downward strokes on the neck until the acne clears, then resume the full ritual. Be sure that you are using gentle pressure.

QUESTION:

I HAVE ACNE, CAN I DO GUA SHA?

Answer:

Yes, gua sha does help clear acne by moving the lymph, blood, and qi. Please note, you will never gua sha directly over active breakouts.

Solution:

Instead, work on the neck in downward strokes until the acne begins to clear. Once your skin begins to clear, you can do the Empress Ritual over areas of your face that are break out free.