

This is a facial marma massage guide using a Kansa Wand.

1. Massage by applying steady comfortable pressure. (10 mins on each side of face for best results or 8 times per massage or as desired)
2. Always pair the massage with a facial oil. Apply the oil all over the face, enough for a light layer of oil to be available on the skin. This will allow the kansa wand to glide smoothly and effortlessly.
3. Do not be alarmed if you see a greyness appear on the skin. This is a normal reaction between metal and the acid content level on your skin as it heals. Simply wipe it off with a soft tissue or cloth.
4. Clean the Kansa Wand by dipping the metal head in gentle soapy water (do not dip the wooden handle).
5. Store clean wand in the container to keep it away from dust & dirt.
6. Use it daily for best results, or at least 2-3 times a week.



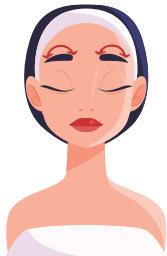
Move the wand in an anti-clockwise and clockwise rotation on the middle of your forehead.



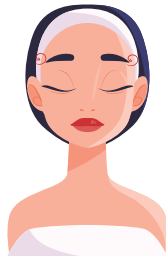
Move the wand up and down in a zig zags motion. Starting from middle of the forehead, from right to left.



Trace a horizontal eight or the infinity symbol on the forehead.



Move the wand gently back and forth on the top of your eyebrows.



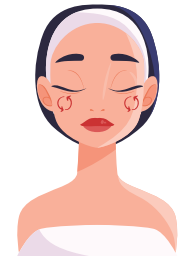
Move the wand gently in an anti-clockwise rotations on the temple, followed by clockwise rotations.



Carefully move the wand in an anti-clockwise rotations around the eye, followed by clockwise rotation.



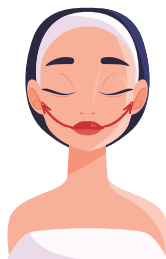
Move the wand in a sweeping motion from side of your nose towards the ear, following the your cheekbone line.



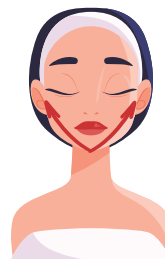
With firm but comfortable pressure, circle your cheekbone with the wand.



Clench your teeth so you can feel the jaw muscles. Massage these points in a circular motion with the wand.



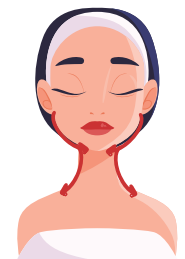
Trace the wand from the corner of mouth towards the cheekbone in sweeping motion.



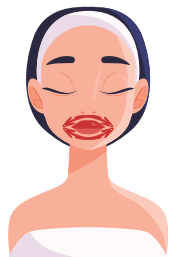
Trace the wand from the middle of chin following the jawline towards the front of the ear in sweeping motions.



Move the wand up and down movement on the side of neck and from the base of your neck to the chin. Apply more pressure upward.



Move the wand downward from the front of the ear, down the neck, and then move from behind the ear and down the neck.



Move the wand above the lips from the left to right. Repeat below the lips.

This is a scalp marma massage guide using a Kansa Wand.

1. The Kansa Wand can also be used as a scalp massage tool to stimulate the scalp, reducing hair fall and encouraging hair growth.
2. Start by parting your hair in the middle from the front to the back of the neck.
3. You can use a hair oil, try the Emerald Elixir or a hair tonic. Make sure you wash your hair after. You can also try using it on your dry scalp.
3. You can start the massage by bending your neck forward or backward depending on what is most comfortable to you.
4. Spend 10 mins on each side for best results or as desired. Do this everyday or when possible to stimulate the marma points on the scalp.



Move the wand in an anti-clockwise and clockwise rotation from right to left at the base of your hair line.



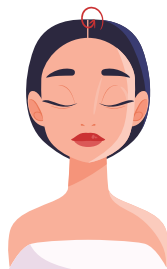
Move the wand in an anti-clockwise and clockwise rotation on the front of the middle parting.



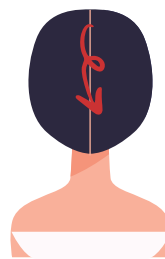
Move the wand in an anti-clockwise and clockwise rotation from the front of the parting to the back of the neck.



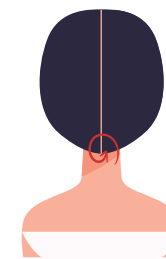
Massage the top center - point of your head in an anti-clockwise and clockwise rotation.



Massage the point that connects to the back of your scalp head in an anti-clockwise and clockwise rotation.



Move the wand in an anti-clockwise and clockwise rotation from the top of the parting to the base of the neck.



Massage the base of your neck in an anti-clockwise and clockwise rotation.



Create more sections and Move the wand in circular motion all over the scalp, including the back of the scalp.



Move the wand in an anti-clockwise and clockwise rotation behind both ears.



Move the wand in an upward and downward motion behind both ears.



Move the wand in an anti-clockwise and clockwise rotation behind the earlobe and move down the neck.

WE WOULD LOVE TO HEAR HOW THE WAND WORKED FOR YOU!

LET US KNOW HOW IT TURNS OUT!

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