

## Rose Quartz Gua Sha Stone

Facial Gua Sha (**Gwah-Sha**) is a gentle massage technique used for centuries in Traditional Chinese Medicine. The goal is to stimulate facial lymphatic drainage into the neck while bringing fresh blood and nutrients to the skin for a healthy glow. Try using light pressure in an upward and outward movement.

Our Gua Sha facial tool is crafted from natural rose quartz. Commonly known as the opener of the Heart Chakra it also encourages self-love and compassion, the perfect stone to incorporate within your self-care routine. Naturally soothing, rose quartz is ideal for sensitive skin!

- Use light to medium pressure with enough facial oil/serum for your Gua Sha to glide effortlessly without pulling or tugging.
- Your skin may turn red as it starts to get stimulated. Don't worry, it will go back to your natural glow.
- Practice makes perfect! Use your Gua Sha as a part of your nighttime routine 2-3 times per week.
- Angle the Gua Sha tool as close to parallel with your skin (almost flat) 15-20°, and gently sweep the tool in the desired direction.
- Start off with each move three times- you can build up to more once you learn your skin's tolerance. **Do not exceed 10 strokes per area.**

### **Gua Sha is a great addition to your skincare routine. Why?**

- + Boosts blood flow and microcirculation by stimulating lymphatic drainage
- + Carries nutrient-rich and oxygenated blood to skin and tissues
- Stimulates cell renewal
- + Aids in helping the skin recover from blemishes and acne scars. Clearing congestion and brightening the skin
- Do not use on active breakouts and open lesions
- + Self-care!
- + Allows for serum and product penetration
- + De-puffs, plumps, lifts skin, smoothes existing lines while toning facial muscles
- + Relaxes facial tension which contributes to full body stress relief!
- Aids in neck pain and headaches brought on by tight muscles
- + Aids in reducing dark circles and under-eye bags

## HOW TO USE | GUA SHA

01. Cleanse skin thoroughly and dry.
02. Apply 5-10 drops of your favourite facial serum/oil to your face and neck. **Do not use your Gua Sha tool on dry skin.** Apply the serum starting on your forehead and moving down to your neck- the direction of draining lymph fluid.
03. Warm and grease up your Gua Sha tool slightly by rubbing it between your hands and with the oil leftover on your hands.
04. Follow the illustration in order. **Repeat each stroke for 3 times for both sides of your face** and move onto the next step.

Sweep around both sides of your face and with a final stroke, move down towards your neck.

EYEBROW  
UNDER EYE  
**Lift and Sculpt**

CHEEKS  
**Firm and Contour**

FOREHEAD  
NECK  
**Soften and Smooth**

