

## THE WHITE JADE GUA SHA GUIDE

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### STIMULATE & AWAKEN

Use your fingertips to gently massage the lymph nodes in your neck. This step prepares your lymph nodes to receive and dispose of the fluid we'll be moving. Practice diaphragmatic breathing (i.e. deep belly breathing) as you massage and do 5-10 strokes on each area.

Split your fingers into a 'V' shape and place them between your ears. Gently massage, stroking downward to the base of your neck. Next, massage the area above the collarbone, moving downward toward the super clavicular lymph nodes.

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### HYDRATE

Starting with clean skin, apply Organic Jojoba Oil to help your tool glide smoothly.

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### SCULPT & DRAIN

Always practice your Gua Sha ritual using light, gentle pressure. Hold your tool so it's almost flat to your face and do 3-5 strokes per area.

#### JAWLINE:

Use the curved edge to move along your jawline, from the center of your chin toward your ear, to help release tension.

#### CHEEKS:

Start at your nose and use the long edge sweep over your cheekbones, toward your ears, to promote a sculpted look.

#### UNDER EYES:

Use the flat edge to glide from the inner corner of your eye to your temples to help de-puff. Use extra-gentle pressure on this area.

#### FOREHEAD:

Start at the center of your forehead and use the long edge to gently glide upward toward your hairline. Then, use the flat edge to glide from the center of your forehead toward your temples, working along the browbone and all the way down to the neck.

#### LIPS:

Gently glide the comb edge over lips to boost circulation, for an instantly plumper-looking pout.

- Consult your healthcare practitioner before use if pregnant.
  - Keep out of reach of children.
- These statements have not been evaluated by the FDA. This product is not intended to diagnose, treat, cure or prevent any disease.