

# MUSHROOM GUA SHA FACE MASSAGE

— FOR NATURAL LIFT & GLOW —

RELAX • REFRESH • REJUVENATE



**NATURAL & SAFE**  
Gentle massage to support healthy, glowing skin.



**IMPROVE APPEARANCE**  
Helps reduce puffiness, fine lines and improve skin tone.



**BOOST CIRCULATION**  
Stimulates blood flow for a refreshed and radiant look.



**BE CONSISTENT**  
Daily practice for best results. Stay patient!

1

**BROW LIFT**



Glide from inner brow to outer brow.  
8–10 strokes / side

2

**FOREHEAD SMOOTH**



Sweep from center forehead to temples.  
8–10 strokes

3

**THIRD EYE PRESS**



Press gently at the center of forehead.  
5–8 seconds

4

**TEMPLE CIRCLES**



Make small circles on temples.  
5–8 circles / side

5

**UNDER-EYE SWEEP**



Sweep from inner under-eye to outer corner.  
8–10 strokes / side

6

**CHEEK LIFT**



Glide from smile line up toward ear.  
8–10 strokes / side

7

**SMILE LINE SMOOTH**



Sweep along smile line from nose to ear.  
8–10 strokes / side

8

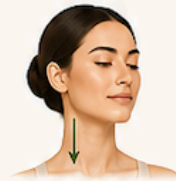
**JAWLINE SCULPT**



Glide along jawline from chin to ear.  
8–10 strokes / side

9

**NECK DOWN SWEEP**



Sweep down from jaw to collarbone.  
8–10 strokes / side

10

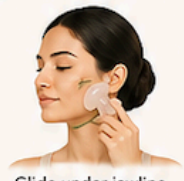
**CHIN LIFT**



Glide from center chin up toward lower lip.  
8–10 strokes

11

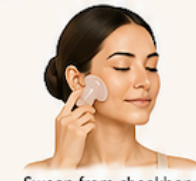
**JAWLINE DEFINE**



Glide under jawline from chin to ear.  
8–10 strokes / side

12

**CHEEKBONE LIFT**



Sweep from cheekbone up toward temple.  
8–10 strokes / side

13

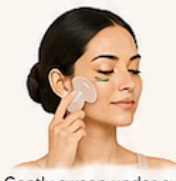
**NOSE BRIDGE SMOOTH**



Glide down both sides of nose bridge.  
5–10 seconds

14

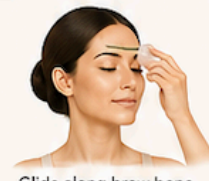
**PUFFY EYES RELIEF**



Gently sweep under eye toward temple.  
8–10 strokes / side

15

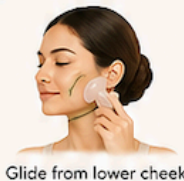
**BROW BONE SMOOTH**



Glide along brow bone from inner to outer.  
8–10 strokes / side

16

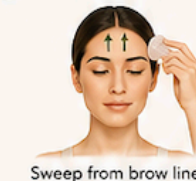
**FACE CONTOUR**



Glide from lower cheek up toward temple.  
8–10 strokes / side

17

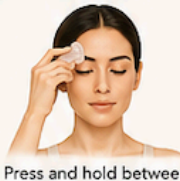
**FOREHEAD LINES**



Sweep from brow line up to hairline.  
8–10 strokes

18

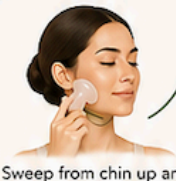
**GLABELLA RELEASE**



Press and hold between brows, then release.  
5–8 seconds

19

**FULL FACE SWEEP**



Sweep from chin up and out across entire face.  
8–10 strokes

20

**RELAX & FINISH**



Use hands to gently press and relax your face. Enjoy your glow!

## TIPS FOR BEST RESULTS



**USE LIGHT PRESSURE**  
Gentle pressure is effective and safe for the skin.



**USE FACIAL OIL**  
Helps tool glide smoothly and protects your skin.



**5–10 MINUTES DAILY**  
Short, consistent practice brings the best results.



**BE GENTLE & PATIENT**  
Results come with time. Trust your process!



CONSISTENCY CREATES THE LIFT.

*Just minutes a day.*

