



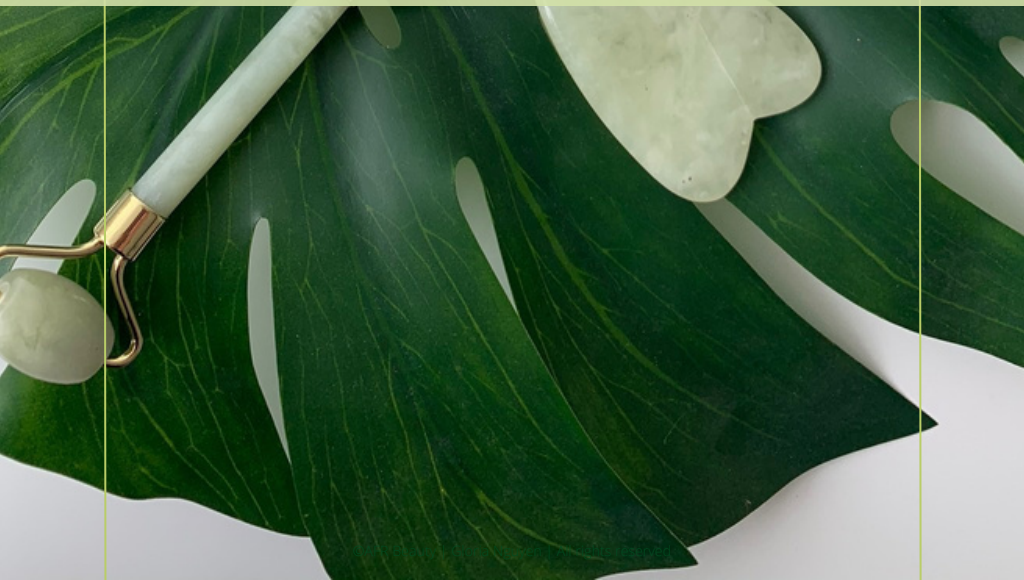
Facial Gua Sha for Professionals

A step by step Facial Gua Sha beauty treatment guide to give you the confidence in using this holistic beauty tool in your treatments, to enhance your clients experience.



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*"Beauty begins the moment you
decide to be yourself"*
~ Coco Chanel



Hi I'm Gloria



I created Facial Gua Sha Training for professionals because I know there are many therapists...

1. Who have the Gua Sha tool but don't know how to use it
2. Wanting to be confident in using this amazing beauty tool on their clients and see results instantly.
3. Are looking for a more holistic facial treatment

By the end of this ebook, you'll have the understanding of facial Gua Sha and how to confidently use this amazing beauty tool properly and effectively on your clients.

Gloria Nguyen

Cosmetic Acupuncturist & Facial Gua Sha Trainer

About me ...

I am a Cosmetic Acupuncturist and have been practicing for over 14years .

I fell in love with Gua Sha while I was studying Cosmetic Acupuncture, as this is an ancient Chinese medicine technique. I have been incorporating Facial Gua Sha on my clients with my acupuncture treatment or as its own treatment. My clients love how it feels and the results they see after.





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Lesson 01

What is Gua Sha

- Gua Sha is part of the Ancient Traditional Chinese Medicine Practice
- The technique involve scraping the skin using short or long stroke with a smooth edge instrument.
- Gua = Rub or Scrape
Sha = Redness



- The purpose of Gua Sha is to improve circulation, encourage blood flow to the surface, addressing stagnant energy in the body that is causing symptoms such as pain
- Usually applied on the back, neck, arms, legs or buttock.

What is Facial Gua Sha

- Facial Gua Sha has been used in China for thousands of years by the rich and powerful women throughout the Dynasties to maintain their youthful skin.
- They generally used a Jade Gua Sha tool when applying to their face
- Jade stone was considered more expensive and had more value than gold.
- The Facial Gua Sha treatment involved applying **soft gentle strokes** and **stimulating points** on the face to treat the facial muscle holding pattern that causes lines, wrinkles and more...



Benefits of Facial Gua Sha

- 01 Soften fine lines & wrinkles
- 02 Promote circulation
- 03 Increase micro-circulation
- 04 Promote Lymphatic Drainage to detoxify
- 05 Sculpt facial structure
- 06 Promote overall skin health
- 07 Stay looking and feeling younger
- 08 Boost skin Elasticity
- 09 Reduce puffiness & Inflammation
- 10 Get rid of dark circles
- 11 Brighten the complexion and more.....



They Key to achieving anti ageing results with Facial Gua Sha is.....



The right technique and using high quality Gua Sha product

Lesson 02

What you need: Tools and Material



When applying Facial Gua Sha techniques as a professional (i.e using this technique as a treatment on your clients), you will require **2 x Gua Sha** crystal stones + **facial oil or serum**.

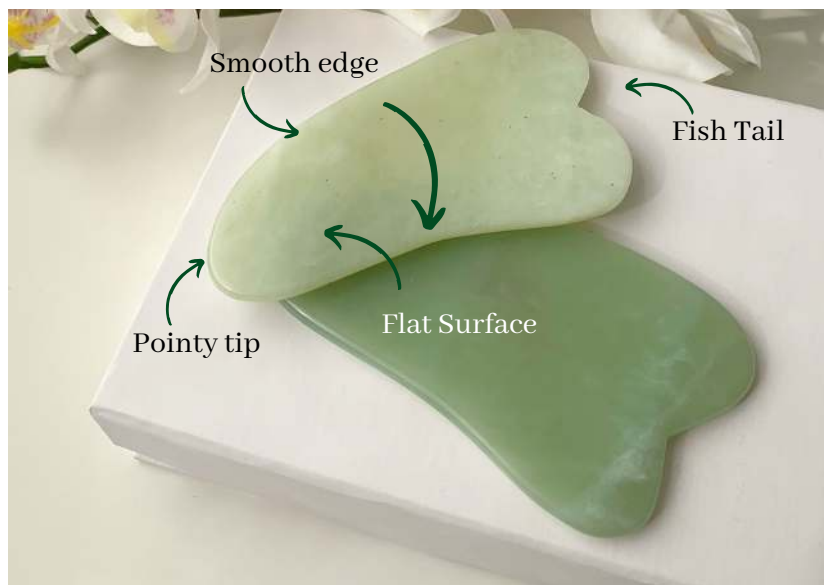
If you have a beauty roller, you can use this at the start of the treatment but this is not essential.

"Facial Gua Sha increases micro-circulation by 400% !!! "

Facial Gua Sha increases **microcirculation** to the face. This means the absorption rate is increased as well as blood circulation. Therefore I recommend using oils that are organic and natural.



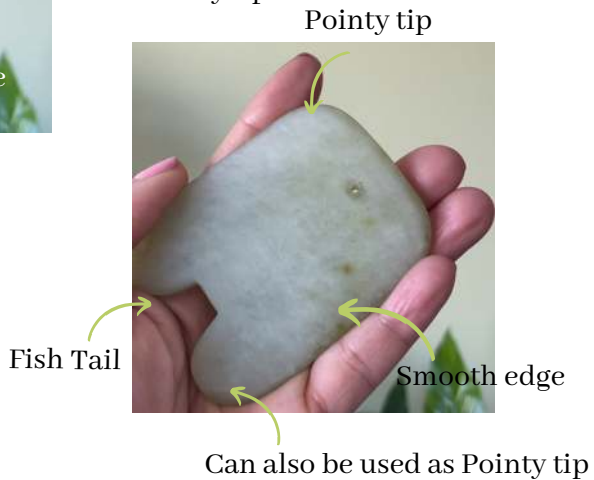
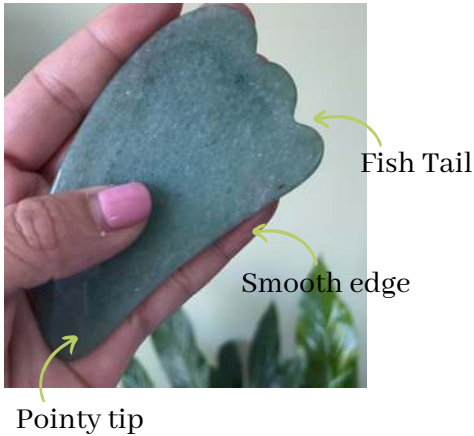
Know your Gua Sha



When choosing a Gua Sha, I recommend investing in a Gua Sha shape like the above picture that has a pointy tip, fish tail end and smooth edges.

However I understand there are many style and shape on the market. If you already own a different shape Gua Sha tool to the above, get to know your Gua Sha, identify which part can be used as the pointy end, smooth flat surface and like the fish tail to sculpt the jaw line.

Some style of Gua Sha on the market



Lesson 03

Safety First

Contraindication

You should not provide Facial Gua Sha treatment on your clients if they have...

- Skin irritation breakout (eczema, psoriasis, herpes)
- Facial bone injury
- Blood vessel ailment (spider veins etc)
- Immediately after chemical or surgical treatments on face (should wait until healed)
- Immediately after chemotherapy or radiation (unless recommended by a Dr)



Precaution

Facial Gua Sha can still be applied but be cautious of ...

- Severe acne - avoid breakout areas. Technique can be done on areas of the skin that has no breakouts
- Botox, derma fillers etc. wait 3-4 weeks
- Problems with bruising. Use only light gentle pressure
- Open sores on face. Avoid these areas to prevent infections
- Pregnancy - Use light gentle technique, try not to over stimulate, this will draw energy away from the growing baby
- People prone to blood clots





Common Mistakes

What to avoid ❌❌

- ❌ 01 MISTAKE: Applying gua sha strokes **over the throat**. Our wind pipe and major artery lies in this area. Overstimulation to this area can cause clots and blockages.
- ❌ 02 MISTAKE: Applying unnecessary **firm pressure**. Light to medium pressure is all that is necessary and still get results
- ❌ 03 MISTAKE: Applying **too much or too little oil**. If you have invested in a good quality facial oil, you'll only need approximately 5 drops to cover the entire face and neck. applying too little can cause friction
- ❌ 04 MISTAKE: Only using the **edge** of the Gua Sha when **gliding** and not the flat surface to give extra lift

*****Gua Sha on the face is not performed aggressively enough to cause bruising or dark redness, rather it is used gently to stimulate blood flow and move blocked qi in the channels on the face***







Lesson 04

FACIAL GUA SHA ROUTINE

In this lesson, I'll be providing the 7 step protocol for a full Facial Gua Sha routine (30min Facial Gua Sha treatment) .

Keep in mind the following factors.....

-  Always start on the **right** before moving to the left. The full facial routine is completed on the right side of the face before repeating on the left side.
-  Always stroke in a **upwards and outwards** direction as we want to encourage lifting and moving with the Lymphatic vessels of the face.
-  Apply **5-10 strokes** in each area. The more strokes you apply does not necessary mean faster results.
-  Pressure should not be firm. A **light to medium** pressure is enough for getting results. When promoting lymphatic drainage, a light pressure is required.

continue.....

When applying technique with the smooth edge, stroke at a **45degree** angle with the flat surface as well, not just the edge.

Redness and slight swelling can appear.
This is an indication of extra blood flow to the area.
STOP when you start to see little red spots appearing.
Reassess your technique.

Inspect your Gua Sha tool before starting.
Run your hands and finger along your beauty tool.
Feel for any cracks or chipped area. **DO NOT** use your Gua Sha tool on your client if your tool is chipped or cracked.



7 step protocol for Facial Gua Sha

01 Clean face & Introducing the stone



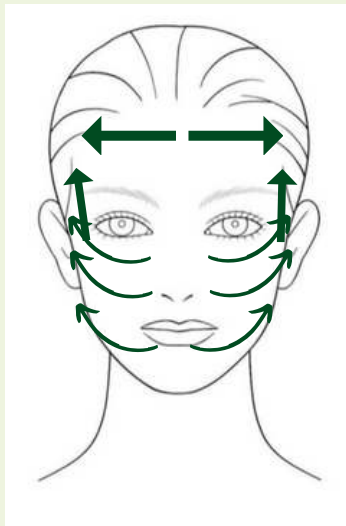
At the start of the treatment, make sure your clients face is clean and free of makeup residue.

Apply approximately 5 drops of facial oils/serum.

Make sure to cover the neck area as well.

Gently contact the jade Gua Sha crystal all over the face by using the flat surface and applying **one** stroke bilaterally. Starting at the chin to ear. Mouth/cheek to the ear. Under the eyes. Up the temple. Lastly across the forehead.

Alternatively you can use a beauty roller (do this before applying oils)



02

Smooth Stroke



Using the the flat surface of your Gua Sha.

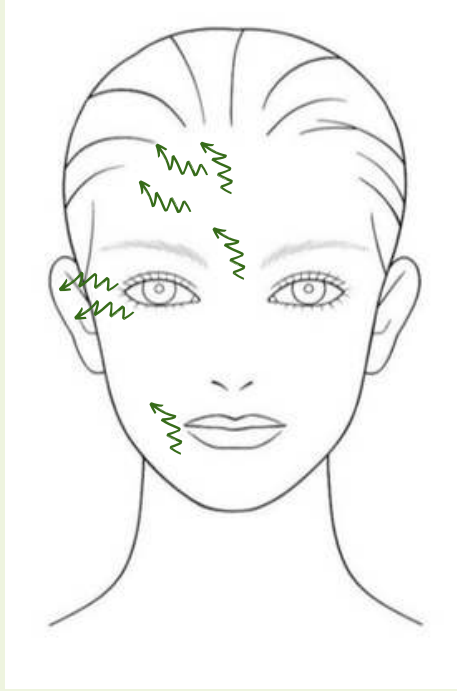
1. Start under the chin (**not on the neck**) stroking out to the front. (5-10 strokes)
2. Using the fish tail, starting at the middle of the chin, glide along the the jaw line towards the ear

3. Using the flat smooth edge surface , apply smooth strokes from the middle of the face striking towards the ear. (Chin to ear , mouth to ear, nose to ear, under the eyes to ear)
4. Stroke vertically up at the temple.
5. stroke horizontally from the middle of the forehead to the outer hairline.

Pronunciation
Gua sha = "Gwah Sha"



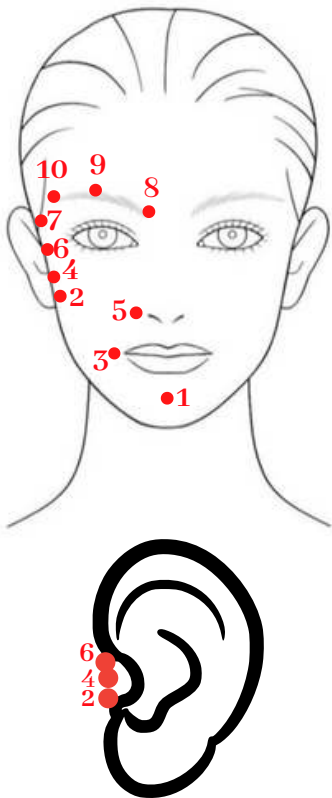
03 Cutting Action



- □Using the pointy tip of your Gua Sha.
- Apply a cutting action on each of the facial lines and wrinkle.
- When applying the “cutting” action, apply some pressure and using the tip to draw zig zag lines up and down the facial line and/or wrinkles.
- This step will help to stimulate collagen and elastin production, as well as releasing muscle tension that is causing the wrinkle to form.
- *Tip: apply on each line

04 Stimulation

- Using the tip of the Gua Sha.
- Stimulate acupressure points to open up the channels on the face to allow free flow of Qi.
- To stimulate, apply pressure with small circular motion at the point for 5 seconds, lift the gua sha to take pressure off and repeat the action.
- Stimulate for 5 times before moving to the next point.



There are 10 acupressure points

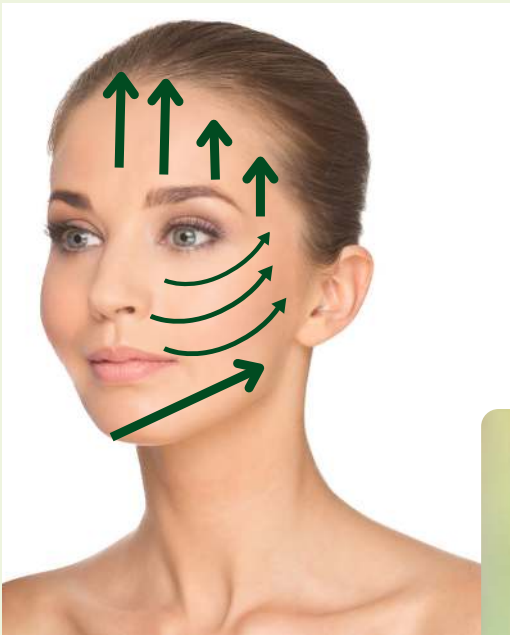
1. Middle of the chin (CV24)
2. Bottom of the tragus (GB2)
3. Side of lip (ST4)
4. Middle of the tragus (SI19)
5. Side of nostril (LI20)
6. Top of the tragus (TE21)
7. Temple (Tai Yang)
8. Front of eyebrow (BL2)
9. Middle of eye brow (Yu Yao)
10. End of eye brow (TE23)

05 Double Smooth Lifting

**The following step will require 2 Gua Sha beauty tool.*

Hold a Gua Sha tool in each hand.

1. Starting at the midline of the forehead, using the flat surface, glide upward to the hairline, once you reached the hairline, hold the lift with the gua sha in your left hand.
2. Repeat the step on the same area for 5-10 times
3. Once completed, move to the next area of the forehead using the same technique
4. Gradually moving down towards the cheek and chin.



06 Lymphatic Drainage

**Using one Gua Sha*

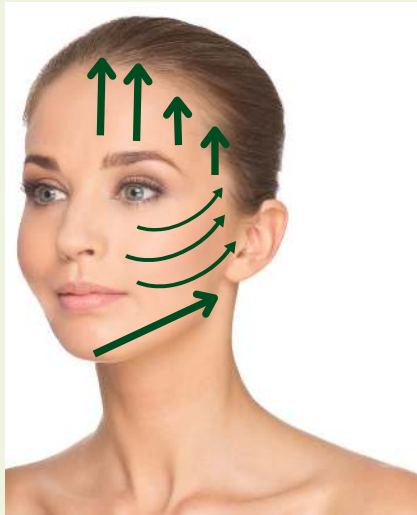


- Use the fish tail end and glide up along your jaw line. Starting from the middle chin, glide up to the bottom of ear. Once you reached at the bottom of the ear, use one side of the fish tail and apply pressure to stimulate behind the ear.
- Apply smooth stroke action down the side of you neck (sternocleidomastoid muscle) , glide under the clavicle toward the armpit.

07

Double Lift *The following step will require 2 Gua Sha beauty tool.

- Similar to step 5
- Working on the right side, starting at the middle of the forehead, using the flat surface, apply fast gliding action with the right and left hand upward to the hairline. (*Repetitive rolling hand action*)
- Repeat the step on the same area for 5-10 times
- Once completed, move to the next area of the forehead using the same technique. Gradually moving down towards the cheek and chin.



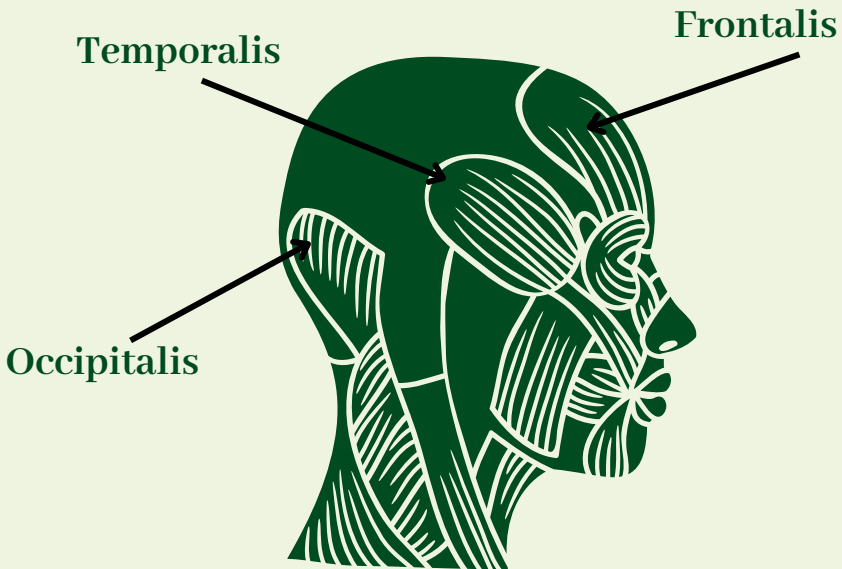
08

Repeat steps 2-7 on the left side

Final Step

Head & Scalp Massage

- Finishing off with the same strokes as step 1.
- Using the tip or fish tail end and apply medium pressure in circular motion around the scalp.



Skin.vest.ment

*"Investing time and money into a healthy
glowing skin future"*

Skin Gym

Facial Gua Sha Cheat sheet

1. Cleanse + Oil + Introduction contact
2. Smooth stroke
3. Fine Lines + Wrinkles
4. Stimulation of Acupressure points
5. Double Smooth Lifting
6. Lymphatic Drainage
7. Double Fast Lifting

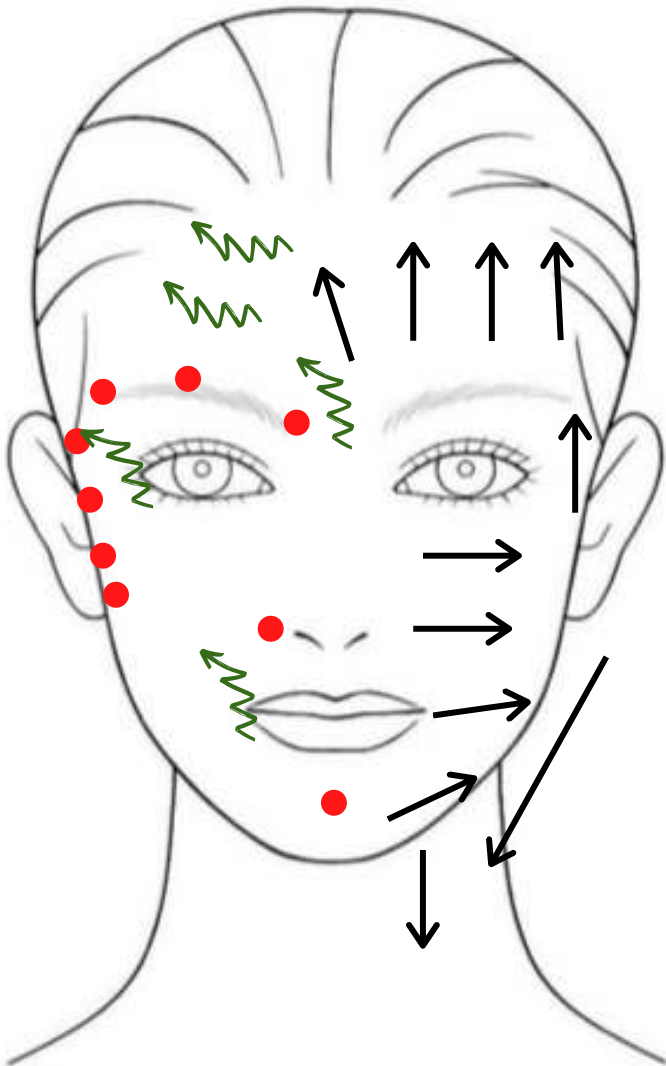
Apply to Left side

Final Step

8. Head/ Scalp Massage



Facial Gua Sha Diagram



Lesson 05

Cleaning & Storing



1. Wash the Gua Sha in warm soapy water

2. Allow them to dry .

3. Spray the Gua Sha with antibacterial spray or isopropyl alcohol .

4. Allow to dry and return to the silk lined box or pop them in a beauty fridge.

5. Before use spray again with antibacterial spray or isopropyl alcohol and allow to dry .



“ *Static electromagnetic field originates during the contact of the Jade stone with the human body* ”

Lesson 06: FAQ

? How often do clients need to come for treatment?

For best results, after the first treatment come in weekly for the next 3 weeks . Maintenance 1- 2 x a month

? How long does it take to see results?

Results should appear after the first treatment. Maintenance at home and follow up treatment to maintain the results

? How to incorporate in your business?

There are many options you can incorporate Facial Gua Sha

1. A stand alone 30min treatment
2. 45 min treatment with a Facial
3. Apply some technique to your existing 60min or 90min treatment packages
4. As an "Add on" . Allow clients to Add on to existing treatment
5. Combine with Facial Cupping for a 45min treatment option

? How much to charge?

30min treatment I charge \$90 Aud

? What oils to use?

I recommend non toxic and organic oils. As Gua sha increases microcirculation.



Recap



“NOTOX”
Saying No to Botox

Facial Gua Sha

- Many people are looking for a more holistic approach to skin care that is natural and non invasive.
- Consistency is the key to seeing results
- Never use your Gua Sha over the throat
- For a full Facial Gua Sha routine apply the 7 step protocol
- You don't need to stick to the full routine, you can pick and choose some steps and add into your facial treatment
- Best results for the client is the full Facial Gua Sha routine
- Stop applying the Gua Sha if red spots appear
- Use organic and non toxic facial oil
- You can incorporate Facial roller, Crystal eye mask and Facial Cupping for a full crystal facial experience

Other training
available



Want to expand your skill set even more?

Online and Hands On In Person training available

- Facial Gua Sha
- Facial Cupping



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" To me, beauty is natural beauty.

If you're naturally yourself,

you're beautiful."

~ Young M.A.

