



YOUR GUIDE TO

GETTING STARTED WITH

FACIAL GUA SHA





**A Guide for Beauty & Health
Professional getting started with
Facial Gua Sha: in their business.**

**This Guide covers the basics of Facial
Gua Sha, including benefits, tools,
and techniques.**

**By the end of this guide you will
equipped with the knowledge about
Facial Gua Sha, learn how to choose
the right tools and master the basic
techniques to start offering Facial
Gua Sha in your business**

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AFR BEAUTY

Hi I'm Gloria

My Facial Gua Sha journey started when I discovered the amazing tool during my Cosmetic Acupuncture training. I started showing my clients how to use this amazing beauty tool and gradually started training professionals the art of applying this technique in their treatments.

This guide is for you if you're ..

1. Beauty enthusiast looking for non invasive skincare techniques and treatments
2. Skin or Health professional looking to expand your knowledge and skills.
3. Seeking natural alternative for skincare and rejuvenation

By the end of this guide, you'll have an understanding of facial Gua Sha, the benefits it can have and how to start implementing this amazing technique in your business.

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.



Aspiring Beauty Professionals

Spa & Salon Owners

Massage Therapist

Beauty Therapist

Estheticians



Who can

BENEFIT with

Facial Gua Sha

Treatments

Reflexologist

Holistic health Practitioners

HOW???

- Professional growth
- Learn new skills
- Offering unique and effective treatments
- Stay competitive in the beauty and wellness industry
- Client retention
- Revenue Growth
- Holistic services
- Attract new clients

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

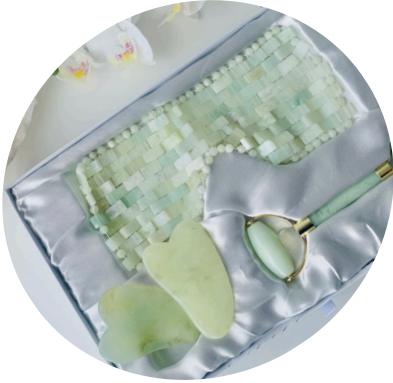


- The purpose of Gua Sha is to improve circulation, encourage blood flow to the surface, addressing stagnant energy in the body that is causing symptoms such as pain
- Usually applied on the back, neck, arms, legs or buttock.



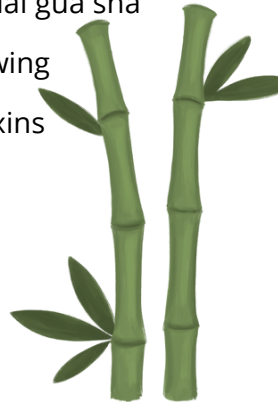
What is Facial Gua Sha?

- 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.



- Facial Gua Sha works by harnessing the body's natural energy, or "qi," to stimulate blood flow, lymphatic drainage, and cellular renewal.

- 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.
- By applying gentle, precise strokes to the skin, facial gua sha helps to break up adhesions and scar tissue, allowing qi to flow freely and promoting the removal of toxins and excess fluids.



What is Facial Gua Sha?

- As the tool glides over the skin, it increases blood flow and stimulates the lymphatic system, helping to flush out impurities and reduce puffiness.
- This gentle stimulation also activates the body's natural healing response, promoting collagen production, improving skin elasticity, and revealing a smoother, more radiant complexion.
- By restoring balance to the flow of qi, facial gua sha helps to harmonize the body's energy, leading to a more relaxed, rejuvenated, and refreshed appearance.



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.....





The KEY to achieving all the
above benefits is.....



Applying the right technique
while using the right Facial Gua
Sha tool

Getting Started with Facial Gua Sha

What you need to start....

- 1 2x Gua Sha Crystal Beauty Tool
- 2 Facial Oil
- 3 Facial Gua Sha Sequence/ Protocol

Optional

- ✨ Beauty Roller Tool
- ✨ Crystal Eye Mask



Choosing Your Facial Gua Sha Tool



When purchasing a Facial Gua Sha tool, my recommendation is to consider the following factors....

1. Material

- Crystal stone for its energetic healing benefits

2. Shape and Design

- For comfort and ease for use

3. Quality and Finish

- Smooth finish
- Better quality = better durability

4. Authenticity

- Made from genuine material and has not been chemically treated

5. Price and Budget

- Balance cost and quality to find the right tool

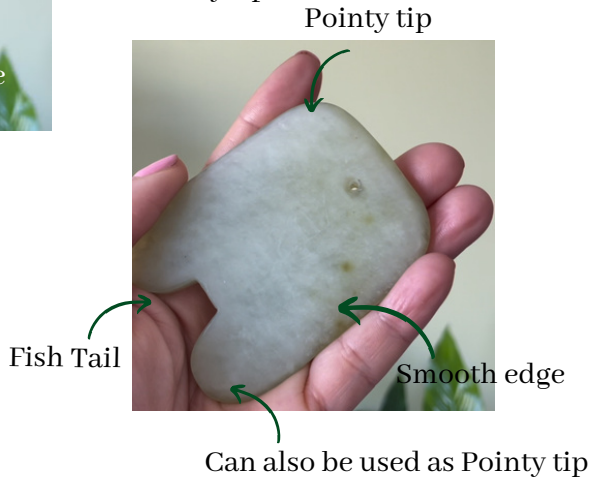
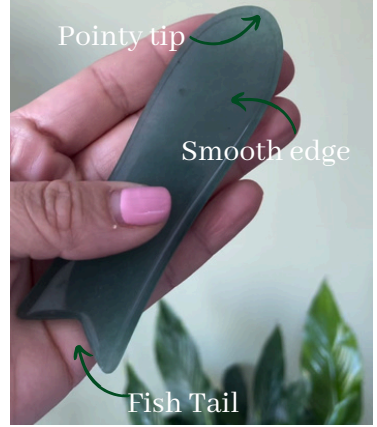
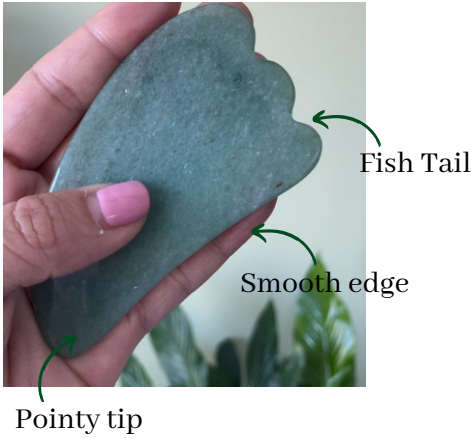
6. Ease of Maintenance

- Easily to clean and easy to store

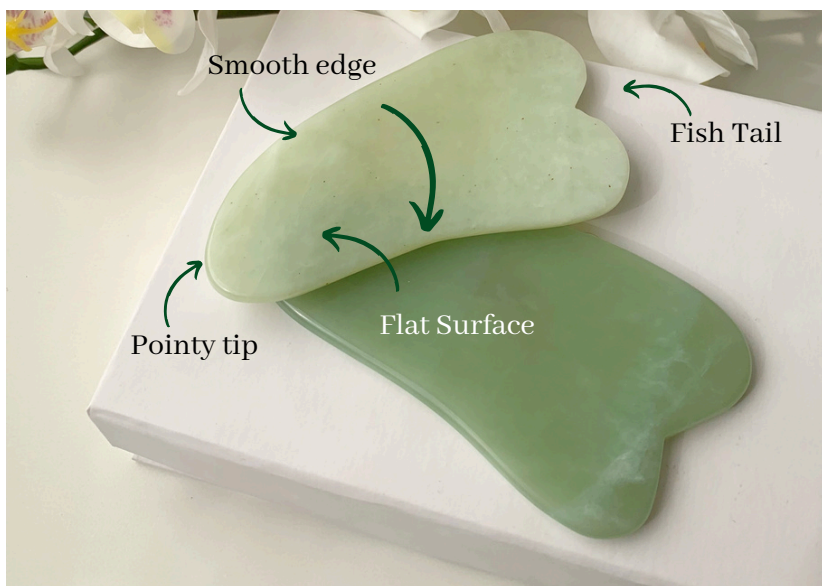
7. Size and Portability

- Comfortable to hold and compact to travel with

Some style of Gua Sha on the market



My Gua Sha Tool Recommendation



For better stimulations and result when applying Facial Gua Sha on your client. Using 2 x Gua Sha tools will give you INSTANT results that your client would love

Facial Oil

What you need consider:

- 1. Skin Type Compatibility:** Dry Skin, Oily/Acne-Prone Skin, Sensitive Skin, Combination Skin
- 2. Absorption Rate:** Slow-Absorbing Oils: Ideal for longer sessions
- 3. Nutritional Benefits:** Vitamins and Antioxidants: Oils rich in vitamins A, C, and E, and antioxidants help nourish the skin
- 4. Texture and Glide:** The oil should provide a smooth glide without being too greasy or sticky.

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

- 5. Sensory Experience:** Consider the aroma of the oil. Essential oils can enhance the sensory experience
- 6. Quality and Purity:** Natural and Organic
- 7. Allergies and Sensitivities:** Be mindful of common allergens, such as nuts, if using oils like almond oil.



Facial Gua Sha

1. Cleanse + Oil +

Introduction contact

2. Smooth stroke

3. Fine Lines + Wrinkles

4. Stimulation of 10x

Acupressure points

5. Double Smooth Lifting

6. Lymphatic Drainage

7. Double Fast Lifting

Apply to Left side

Final Step

8. Head/ Scalp Massage

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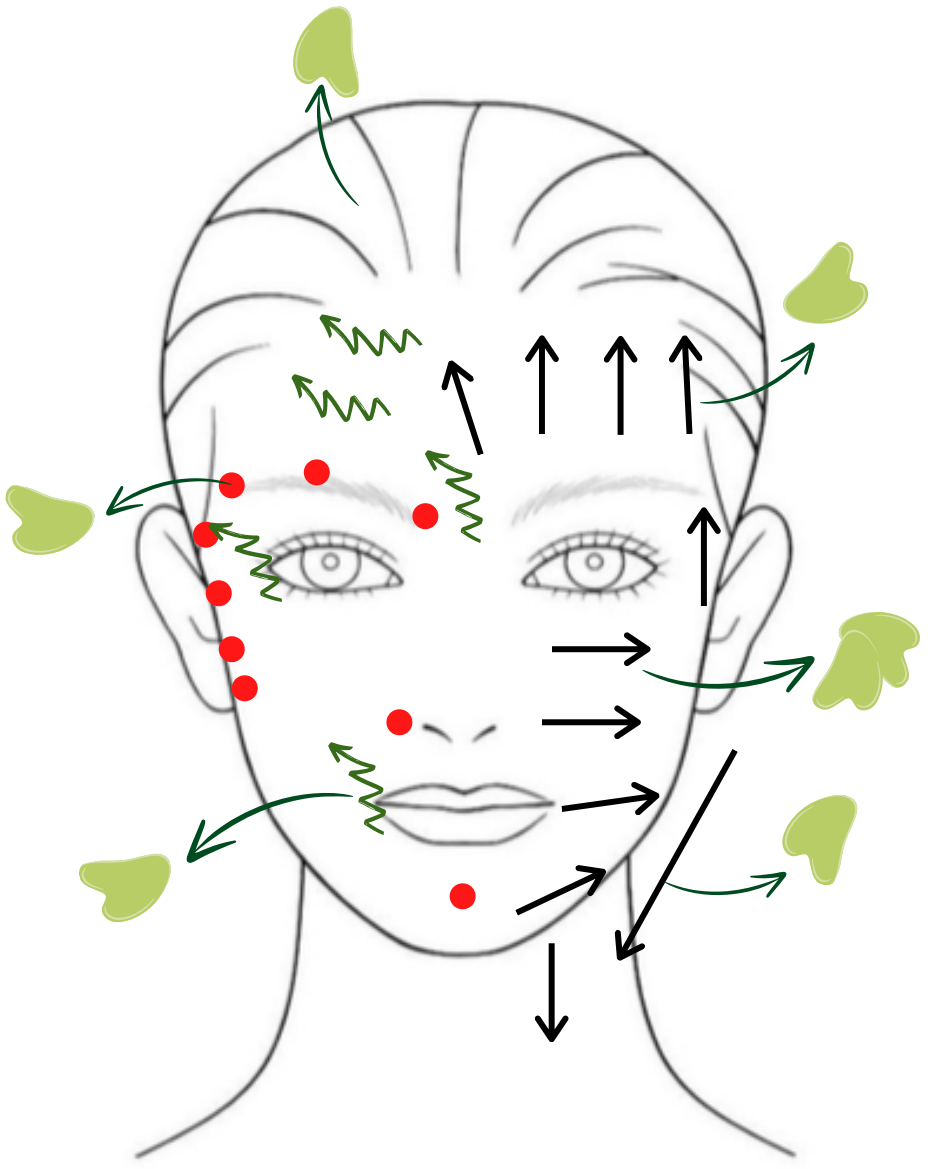
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Facial Gua Sha Diagram





Common Mistakes

What to avoid ❌❌

- ❌ 01 MISTAKE: Applying Gua Sha strokes **over the throat.**
- ❌ 02 MISTAKE: Applying unnecessary **firm pressure.**
- ❌ 03 MISTAKE: Applying **too much or too little oil.**
- ❌ 04 MISTAKE: Only using the **edge** of the Gua Sha when **gliding** and not the flat surface to give extra lift

Creating a Holistic Treatment Menu Incorporating

Facial Gua Sha



- 1. Standalone Gua Sha Treatments**
- 2. Combination Treatments:**
- 3. Customized Holistic Packages**
- 4. Add-On Services**
- 5. Signature Treatments**

Continue.....

1. Standalone Facial Gua Sha Treatments:

- *Express Facial Gua Sha:* A shorter, focused session ideal for busy clients who want a quick pick-me-up.
- *Comprehensive Gua Sha Facial:* A full-length session that includes cleansing, Gua Sha, mask application, and moisturizing.

2. Combination Treatments:

- *Facial Gua Sha and Traditional Facials:* Integrate Gua Sha into your standard facials to enhance results.
- *Facial Gua Sha and Massage:* Combine Facial Gua Sha with neck and shoulder massage for a full relaxation experience.
- *Facial Gua Sha and Acupuncture:* For those already offering acupuncture, adding Gua Sha can enhance the treatment's effectiveness.

3. Customized Holistic Packages:

- *Seasonal Specials:* Create seasonal packages that address specific skin concerns, such as hydration in winter or sun damage in summer.
- *Themed Treatments:* Develop themed treatments, like anti-aging, detox, or relaxation-focused sessions incorporating Facial Gua Sha.
- *Wellness Packages:* Offer packages that combine Facial Gua Sha with other holistic treatments like aromatherapy, reiki, or yoga sessions.

Continue.....

4. Add-On Services:

- *Quick Gua Sha Add-On:* Offer a quick Gua Sha session as an add-on to any other treatment.
- *Specialized Add-Ons:* Include targeted treatments, such as Gua Sha for the eyes or neck, TMJ, Headaches or other advance treatments.

5. Signature Treatments:

- *Create Signature Treatments:* Develop exclusive treatments that are unique to your practice, combining various holistic techniques with Gua Sha.



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 8 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 Facial 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

Want to expand
your skill set even
more?



Accredited
Online and Hands On In Person
training available

- Facial Gua Sha
- Facial Cupping



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What's your next step?



THE ULTIMATE FACIAL GUA SHA GUIDEBOOK



The Ultimate Guide How To Confidently Apply Facial Gua Sha to your clients. Includes 100+ techniques for facial Gua Sha.

Grab my Ebook

The ultimate Facial Gua Sha Guide
for Professionals



Sign up for Online Training



Sign up for Hands On Training



Thank
you!

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"To me, beauty is natural beauty.

If you're naturally yourself.

you're beautiful."

~ Young M.A.

