



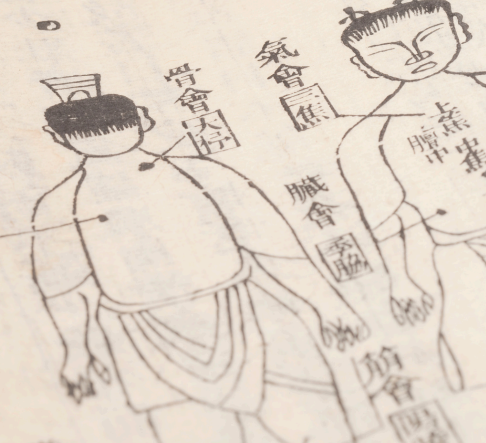
Advance Techniques

Facial Gua Sha + Facial Cupping
Protocol

By Gloria Nguyen

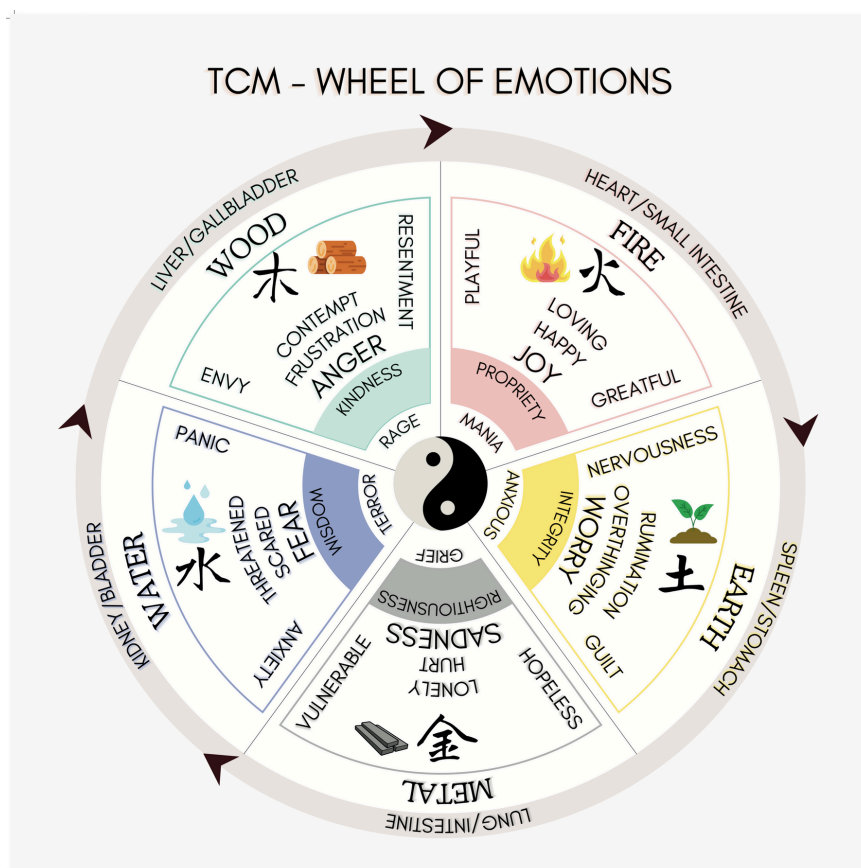
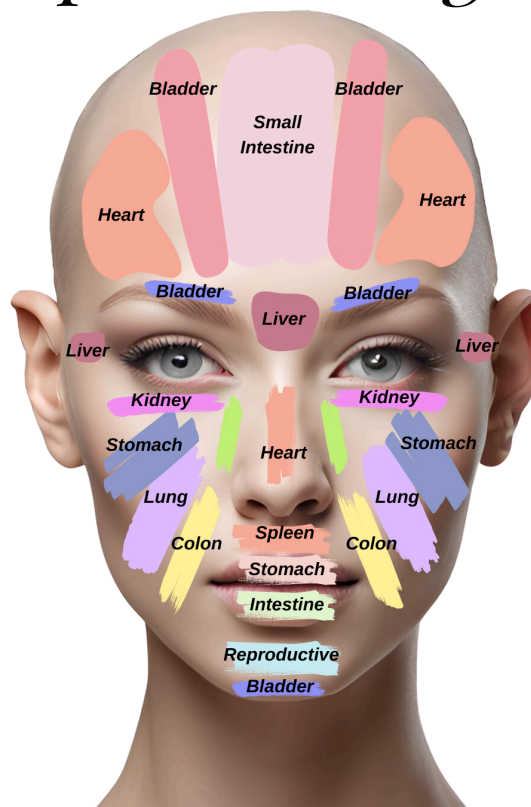
Cosmetic Acupuncturist + Facial Gua Sha Trainer



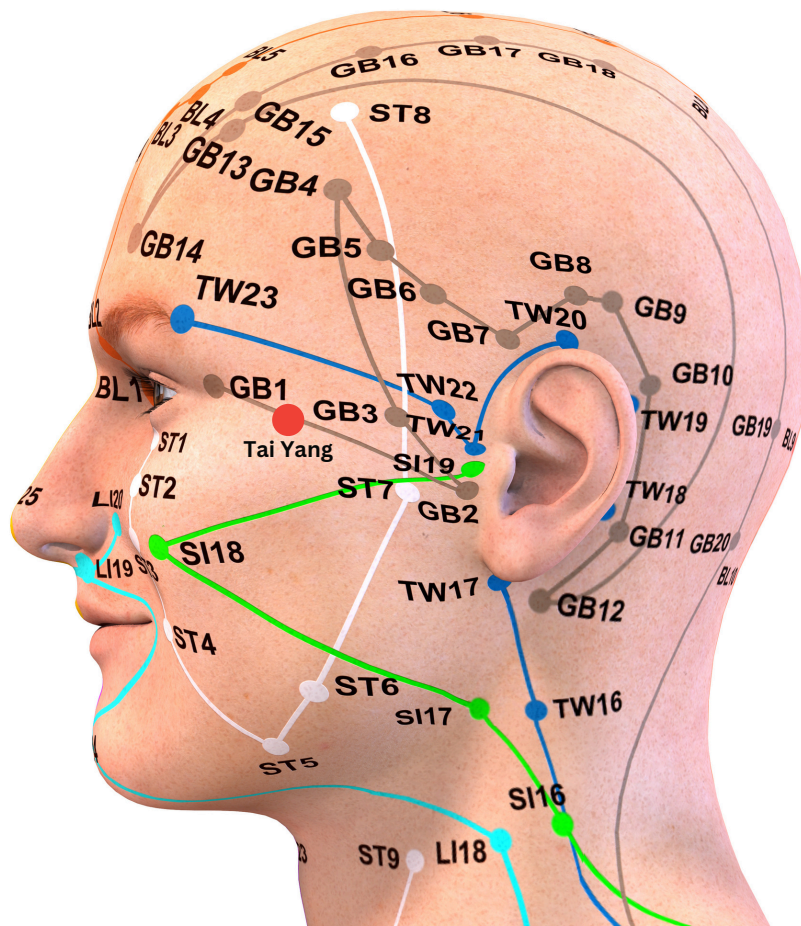
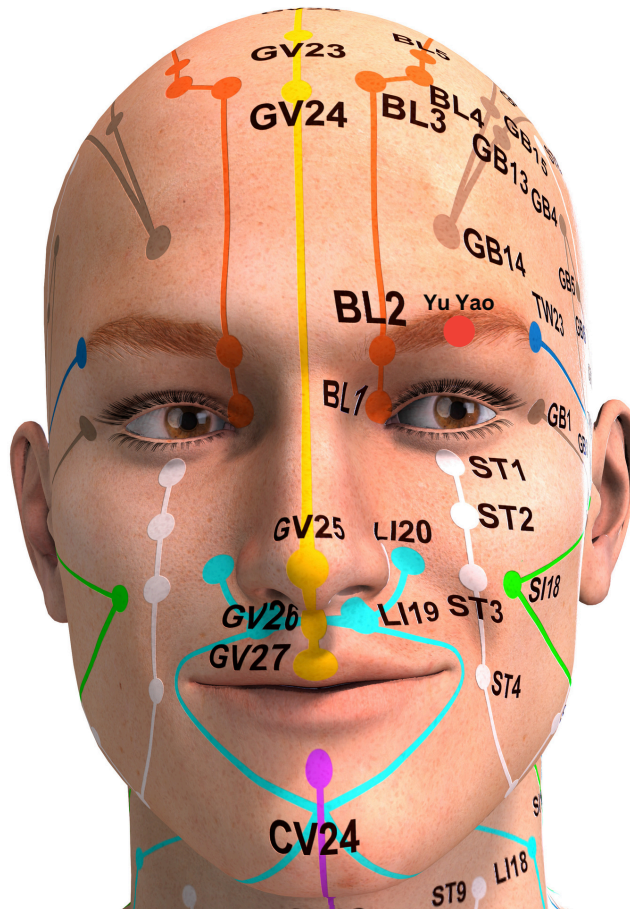


Traditional Chinese Medicine

Face Map according to TCM



Meridians of the Face



Point	English Name	Location	Function	What It's Used For
CV 24 (Chengjiang)	Container of Fluids	In the depression in the center of the mentolabial groove, below the lower lip.	Regulates saliva, clears heat.	Facial rejuvenation, dry mouth, lip tension.
GB 2 (Tinghui)	Meeting of Hearing	In the depression anterior to the lower border of the tragus.	Benefits the ears, relieves pain.	Tinnitus, earaches, hearing loss, jaw tension.
ST 4 (Dicang)	Earth Granary	Lateral to the corner of the mouth, in the nasolabial groove.	Moves qi, clears channels.	Facial paralysis, drooping mouth, jaw pain.
SI 19 (Tinggong)	Palace of Hearing	Anterior to the tragus and posterior to the condyloid process of the mandible.	Benefits the ears, calms the mind.	Tinnitus, ear infections, hearing loss, stress.
LI 20 (Yingxiang)	Welcome Fragrance	In the nasolabial groove, at the level of the midpoint of the lateral border of the nostril.	Opens nasal passages.	Sinusitis, nasal congestion, loss of smell.
TE 21 (Ermen)	Ear Gate	Anterior to the supratragic notch, superior to the condyloid process of the mandible.	Benefits the ears, clears heat.	Earaches, tinnitus, jaw pain.
Tai Yang (Extra Point)	Supreme Yang	1 cun posterior to the midpoint between the lateral end of the eyebrow and the outer canthus.	Clears heat, alleviates pain.	Headaches, migraines, eye strain.
BL 2 (Zanzhu)	Bamboo Gathering	On the medial extremity of the eyebrow, in the depression on the supraorbital notch.	Clears wind and heat.	Headaches, sinus congestion, wrinkles.
Yu Yao (Extra Point)	Fish Waist	In the center of the eyebrow, directly above the pupil.	Relaxes muscles, benefits the eyes.	Eye strain, puffiness, facial tension.
TE 23 (Sizhukong)	Silk Bamboo Hole	In the depression at the lateral end of the eyebrow.	Alleviates pain, benefits the eyes.	Headaches, migraines, eye swelling.

Extra Points

Point	English Name	Location	Function	What It's Used For
Yin Tang (EX-HN 3)	Hall of Impression	Midway between the medial ends of the two eyebrows.	Calms the mind, clears nasal passages.	Stress, sinus congestion, insomnia.
ST 2 (Sibai)	Four Whites	Below the pupil, in the depression at the infraorbital foramen.	Clears wind, benefits the eyes.	Eye strain, dark circles, facial rejuvenation.
ST 3 (Juliao)	Great Crevice	Below the pupil, level with the lower border of the ala nasi.	Alleviates pain, improves circulation.	Facial puffiness, sinus issues, facial pain.
ST 5 (Daying)	Great Welcome	Anterior to the angle of the mandible, on the anterior border of the masseter muscle.	Expels wind, benefits the jaw.	Jaw tension, toothaches, facial pain.
ST 6 (Jiache)	Jawbone	On the prominence of the masseter muscle when the teeth are clenched.	Benefits the jaw, expels wind.	TMJ dysfunction, jaw tension, facial paralysis.
ST 7 (Xiaguan)	Below the Joint	In the depression anterior to the condyloid process of the mandible.	Benefits the jaw and ears.	TMJ pain, tinnitus, facial paralysis.
ST 8 (Touwei)	Head Corner	At the corner of the forehead, 0.5 cun within the hairline.	Dispels wind, clears heat.	Migraines, dizziness, facial tension.
SI 18 (Quanliao)	Cheek Bone Crevice	Directly below the outer canthus, in the depression on the lower border of the zygomatic bone.	Clears wind, alleviates pain.	Sinus congestion, Bell's palsy, facial swelling.
GB 14 (Yangbai)	Yang White	1 cun above the eyebrow, directly above the pupil.	Brightens the eyes, alleviates pain.	Forehead wrinkles, eye strain, headaches.
GB 15 (Toulinqi)	Head Overlooking Tears	Directly above the pupil, 0.5 cun within the anterior hairline.	Clears heat, calms the mind.	Eye pain, sinus issues, emotional tension.



Acupressure

When applying acupressure to your client, your state of mind and intention play a crucial role in their healing process. Therefore, ensure your mind is clear and grounded before performing acupressure. Pressure also determine whether you are stimualting (Firm) or reducing (light) .



Facial Gua Sha - Using the tip of the Gua Sha, apply medium pressure with small circular motion for 5 seconds and release. Repeat 10 times on the same point before moving on

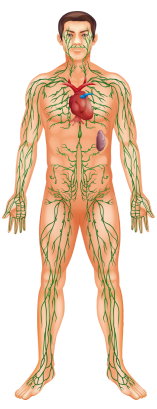


Facial Cupping - Using the small cup,
 Stimulation cupping -Using Stationary cupping (3sec) with circular motion while lifting (5 Sec). Repeat 3 times



Hands - Using your fingers , apply light pressure with a slightly circular motion, Hold pressure for 60second

Acupuncture points on the face are generally considered safe during pregnancy.
 Do apply more gentle acupressure technique

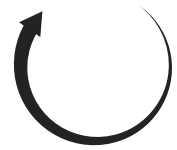


Lymphatic System

(Light Pressure)

Starting Protocol

1. Hand at Thymus/ Heart and stimulate with ten circular motion
(Thymus located 2 finger below the cervical notch)
2. Stimulation of the 2x Supraclavicular node x 5
3. Light push along the clavicle in 3 zones (Middle to outer) x 5
4. Stimulation at the post auricular node (Behind the ear flap) x5
5. Down the SCM muscle + along the clavicle toward the thymus x1



Gua sha

1. **Stimulate Thymus:** Use the pointy tip apply circular motion x10
2. **Smooth Glide** under the clavicle in the décolleté area (small strokes x3 starting outer then working towards the middle but with longer strokes)
3. **Stimulate the Supraclavicular nodes** : Using the pointy tip apply circular motion x10
4. **Stimulation at the post auricular node** (Behind the ear flap) x5
5. **Smooth Glide** down the SCM to the clavicle and out towards the armpit under the clavicle

(Repeat step 4+5 for 5 times)

6. **Stimulate Submental node:** (Under the chin) x 5 using the fish tail end of the Gua sha
7. **Smooth Glide** along the Jaw line + stimulate behind the ear and down the SCM + Clavicle

Cupping

1. **Flash Cupping** : Stimulate the Thymus gland with 3 x Flash Cupping
2. **Gliding** under the clavicle towards the arm pit x5
3. **Flash cupping**: Stimulation of the Subclavicular node x 3
Post Auricular node x 3 + Submental node x 3
4. **Gliding** : Start at the submental node glide to the auricular node, Flash cupping down the SCM + glide under the clavicle towards the armpit



TMJ



TEMPOROMANDIBULAR JOINT DISORDER

Start: Apply oil to the neck and Face. Massage the neck + shoulders to relax the muscles + loosen tight muscles or stiffness.

Start on the affected side first and still repeat on the opposite

Facial Gua Sha - (Medium Pressure)

1. **Scraping** : Starting at the base of the SCM applying downward strokes, slowly working up the neck but still applying a downward stroking action x5
2. **Smooth Glide along Jaw**: Using the fish tail , apply smooth glide along the jaw line
3. **Scraping of the cheek** : Down Along the masseter muscle + around the cheek
4. **Stimulation** to release muscle tension (Masseter, ST7, 6, 5) x 10
5. **Smooth gliding** action on the Cheek + Jaw muscle
6. **Temporalis muscle** : **Using** the Fish Tail and massage the temporalis muscle in the head
 - Spend 15-20minutes
 - Repeat on the other side
 - Use a beauty Roller if face is red

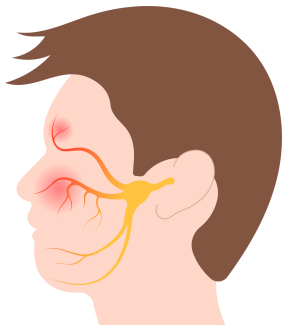


Facial Cupping (5 times)

1. **Gliding Cupping** - Loosen up the SCM + back of the neck apply on the back of the neck+ shoulders (use the bigger cup) x 10
2. **Gliding Cupping** - Loosen up muscle of the cheek.Starting from the chin to ear , Mouth to ear, nose to ear x 5
3. **Stimulation Cupping:** over the cheek muscles especially over ST7, 6, 5 acupoints

Repeat on the other side

4. **Gliding cupping:** along the jaw + cheek
 - Spend 15-20minutes
 - Use a beauty Roller if face is red



Bell's Palsy

START: Stimulation of the Lymphatic system

Warm up the neck and shoulders

- Apply oil to the neck and Face.
- Massage the neck + shoulders to relax the muscles + loosen tight muscles or stiffness.
- Start on the affected side first and still repeat on the opposite

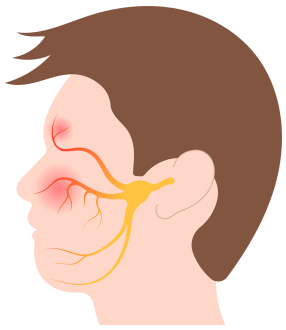
Facial Gua Sha - (Medium Pressure)

1. **Stimulation of GB20** : Using the tip of the Gua Sha 10sec x 3
2. **Scraping** : along SCM towards the clavicle
3. **Gliding** the tool in upward and outward strokes,
4. **Stimulation of acupuncture points** (SI18, ST3, LI20, ST5, GB14)

Using the tip of the Gua Sha and apply pressure 10sec x 3

5. **Scraping** : along the nerve towards the ear
 - Spend up to 10 - 15minutes

*Avoid applying too much pressure to the area directly over the affected nerve



Bell's Palsy

START: Stimulation of the Lymphatic system

Warm up the neck and shoulders

- Apply oil to the neck and Face.
- Massage the neck + shoulders to relax the muscles + loosen tight muscles or stiffness.
- Start on the affected side first and still repeat on the opposite

Facial Cupping (5 times)

1. **Stationary Cupping:** Place on GB 20 x 5
 2. **Flash cupping:** along SCM x 3
 3. **Stationary Cupping:** Place the cups at the corner of the ear x 3
 4. **Gliding Cupping:** After creating suction, gently slide the cups over the affected area along the nerve pathway.
- Spend 10-15minutes
 - Apply on the other side but less times
 - Redness will occur



Sinusitis



Start: Open up the Lymphatic System to help move excess fluids

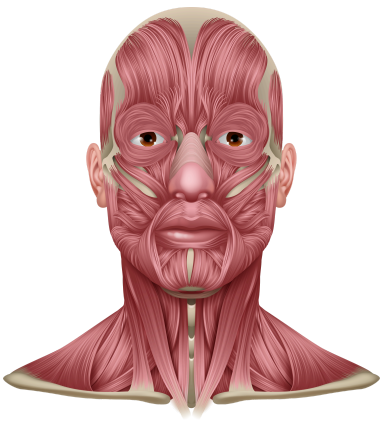
Facial Gua Sha

1. **Smooth gliding** on area of the sinus(Forehead + cheek) x10
2. **Nasal Bridge:** Use a gentle stroke downward along the sides of the nose x10
3. **Stimulation** of acupuncture points (LI20, BiTong, Yin Tang ST3, 2, Yu Yao, BL2, GB14)
4. **Smooth Gliding** on the face

Facial Cupping

1. Using 2 cupping tools Glide along the chin + forehead x 3
2. **Stimulation cupping** at the nasal cavity (bigger cup)
3. **Stimulation acupuncture points** LI20, Bi Tong, ST3, Yin Tang, BL2, Yu Yao, GB14
4. **Gliding** cup on the face

Finish: Lymphatic technique along the SCM



Facial Motor Points

