



AFR BEAUTY

Facial Gua Sha Revitaliser

E-book

*Your complete guide to using Facial Gua
Sha to REVITALISE your youthful skin*





© Copyright | AFR Beauty | Gloria Nguyen |
All rights reserved

*Aging is a privilege. It is not
something to fear.*

-Drew Barrymore



Hello there! I am Gloria

Welcome to the Facial Gua Sha Revitaliser Guide ♥

This guide has been thoughtfully created to gently introduce you to the art of Facial Gua Sha — a timeless beauty ritual designed to support your skin, energy, and overall radiance.

Inside, I'll guide you step by step so you can:

- Apply Facial Gua Sha with confidence and intention
- Deeply understand the holistic benefits this practice offers
- Use this elegant beauty tool to naturally support your facial ageing concerns

You'll also receive access to my exclusive video tutorials, allowing you to seamlessly incorporate Facial Gua Sha into your daily beauty ritual with ease and grace.

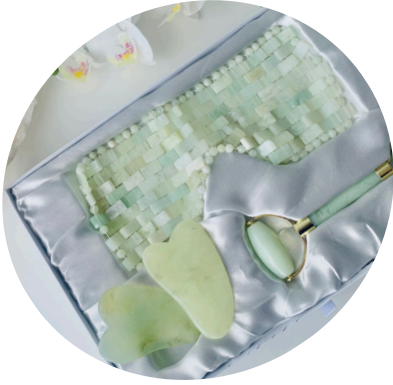
Move slowly, enjoy the ritual, and allow this practice to become a moment of self-care you truly look forward to.

Gloria Nguyen xoxo

Cosmetic Acupuncturist &
Facial Gua Sha Expert

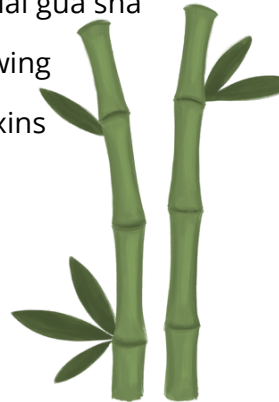
What is Facial Gua Sha?

- 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.

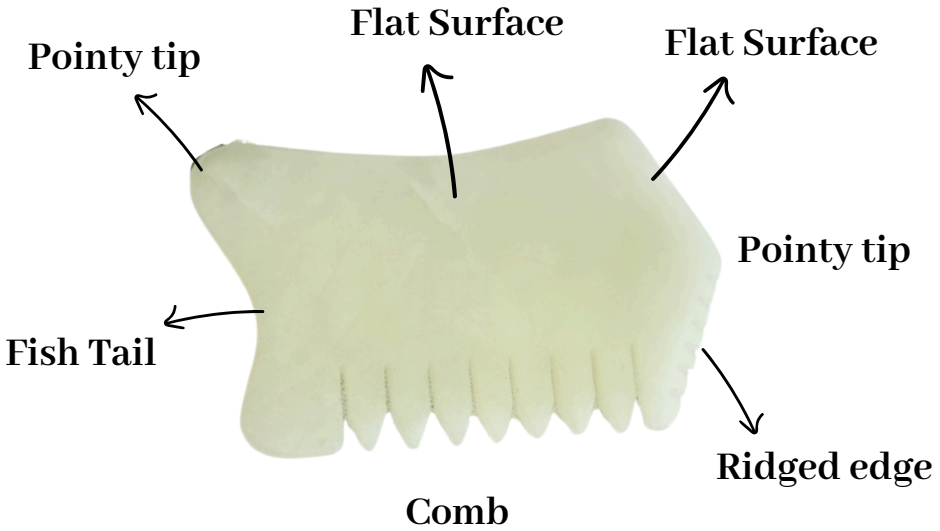


Common Mistakes To Avoid

- ✗ 01 MISTAKE: Using the Gua Sha tool over the throat .
Avoid this area as the wind pipe and major artery lies here. We want to avoid blockages and cutting off supply.
- ✗ 02 MISTAKE: Using too much or too little facial oils.
Start by applying 1 pump to cover the face and apply more if necessary
- ✗ 03 MISTAKE: Only using the edge.
Angle the Gua Sha and using the surface area of the stone, not just the edge.
- ✗ 04 MISTAKE: Pressure. Myth: Firm is better.
Firm pressure when you want to lift. Light pressure when you want to move fluids through the Lymphatic system

***"Slow down
Calm down.
Don't worry.
Don't Hurry.
Trust the process. "***

Understanding Your Gua Sha Tool



**Have a different
style Gua Sha
tool?**

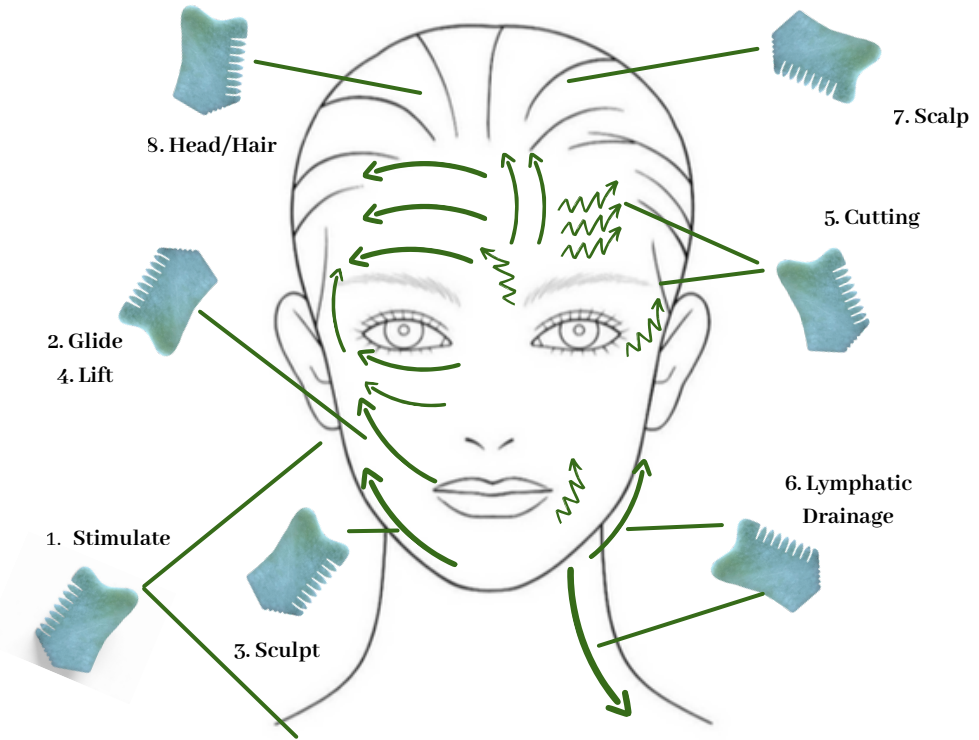


Watch This

Video →

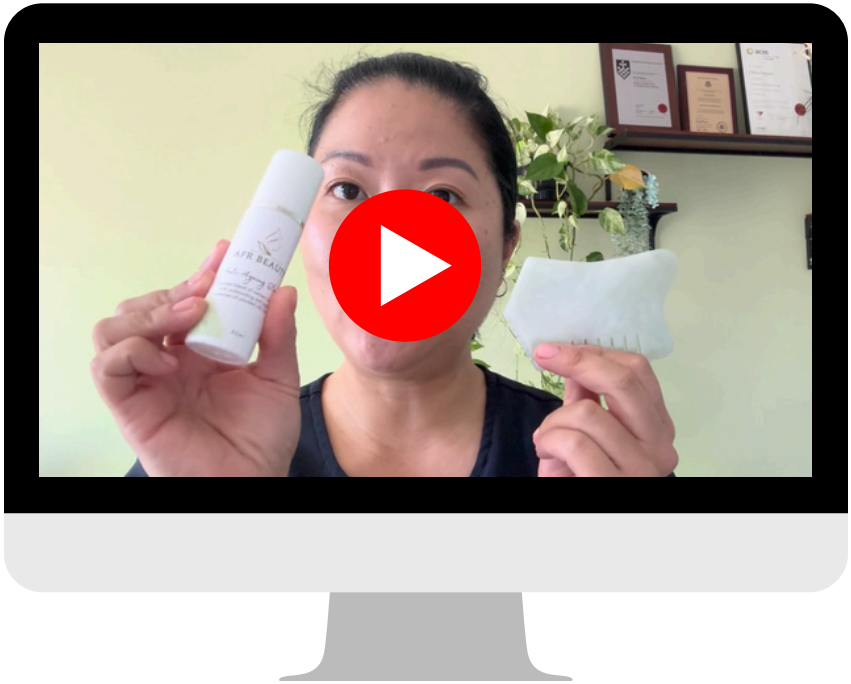


Facial Gua Sha Revitaliser 8 Step Protocol



Before you start, cleanse the skin + Gently apply organic anti-ageing serum/oil to your face Start and complete on the right side before moving to the left.

Watch me



1.Stimulate: the Lymph nodes – Clavicle + Behind the ear x5

Scan QR code



[Click here to watch tutorial](#)

2.Glide: Smooth stroke under the chin (do not use the gua sha across the throat) Smoothing strokes up along the cheek - temple - forehead

Scan QR code



[Click here to watch tutorial](#)

3.Sculpting : Use Fish tail end to stroke along the jaw line +cheek bone

Scan QR code



[Click here to watch tutorial](#)

4.Lifting : Firmer pressure and glide in the same area as the second step



[Click here to watch tutorial](#)

Scan QR code



5.Cutting: Using the pointy end apply a cutting action on the facial lines and wrinkles



[Click here to watch tutorial](#)

Scan QR code



6.Lymphatic Drainage: Light pressure use smooth stroke glide along the face (Step 2) . Use fish tail and glide along the jaw, stimulate behind the ear and glide down the neck and along the clavicle



[Click here to watch tutorial](#)

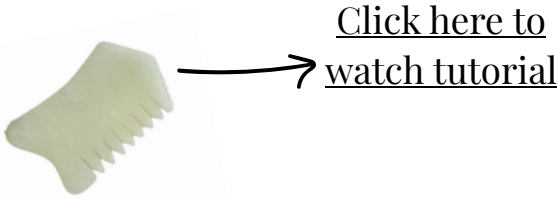
Scan QR code



*** Repeat the same steps to the other side**

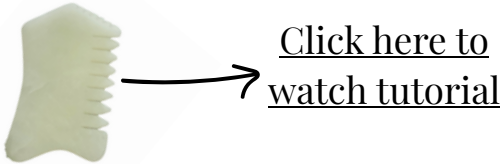
7.Scalp: Apply circular motion on the scalp with the ridged edge

Scan QR code



8.Head: Comb the hair + Massage the head

Scan QR code



Left Side Protocol



Full Routine



Cleaning your tool



Use dishwashing detergent or soap to cleanse the oil from your Gua Sha tool.

To maintain the longevity of the crystal, place the tool back into its silk linen box or bag. Alternatively, store it in the fridge to keep it cool and ready for your next use.

Tips for best results

- ♥ Use your Gua Sha tool nightly.
- ♥ You don't need to follow the full protocol each time— simply select techniques that target your specific facial aging concerns and spend just 2–3 minutes each evening.
- ♥ Apply the full protocol 1–2 times per week for deeper, more comprehensive results.

What's your next step?



Are you based in Sydney and ready to experience the transformative benefits of Cosmetic Acupuncture and Facial Gua Sha?



Book a treatment

*Enjoy an exclusive 15% saving on your first order.
Use code 15OFF at checkout.*



Shop online

For beauty, skin, and health professionals seeking to expand their expertise—discover how to integrate Facial Gua Sha and Facial Cupping into your treatments.

Click the link below to access my professional training.



**Professional
Training**

BONUS OFFER



Facial Beauty Roller

If you haven't grab this bonus offer yet,
grab your beauty roller to rejuvenate your
skin with the Gua Sha

Use the code: **"ROLLER"** to receive 50% off
on your beauty roller

[CLICK HERE TO SHOP](#)



AFR BEAUTY

Thank You!



Gloria xoxo

Connect with me

