

GUA SHA

How to use it at home

What is Gua Sha

1. Gua Sha is a traditional healing method used in China for thousands of years
2. Comes from the Chinese words to rub or scrape
3. The scraping motion encourages blood to rise to the surface
4. The motion of the stone triggers the skin's healing process, accelerates collagen production, increases circulation, encourages lymphatic drainage and rejuvenates tired skin.
5. Soothing techniques helps reduces tension, soften wrinkles, detoxifies and hydrates the skin
6. Increases microcirculation by up to 400 % even up to 25 minutes after the treatment

What is Microcirculation

What is microcirculation -

microcirculation is blood flow through the teeny tiny blood vessels in the body's circulatory system. These smallest blood vessels are called capillaries, arterioles, venules and shunts.

Why Blood Flow Matters

Blood flow is life! The tiny vessels in the body are responsible for perfusion of tissues with fresh, oxygenated blood. This is how our wounds heal, our skin stays warm to the touch, nutrients are delivered and other vital materials are exchanged between cells.

When blood flow is decreased over time due to natural factors (such as aging or stress) or because of chronic conditions (such as high blood pressure or diabetes), tissues are affected greatly. Blood flow also correlates directly with our skin's health and general appearance. More blood flow = [higher collagen and elastin production](#).

You may have heard the fact that after age 20, our body produces roughly [1% less collagen](#) every single year from then on out. The blood flow and collagen production connection cannot be ignored. Some scientists theorize that aging is merely a [continued disruption of microcirculation](#) in the body.

This is aging. These changes are the scientific reasons why our bodies look different each year, why we lose muscle mass, cellulite becomes more prominent and why the skin starts to wrinkle and sag. Aging isn't a "disease" but rather a process—it happens every day. Hence, microcirculation becomes a huge objective for nearly all anti-aging therapies.

Benefits

- Tighter, more lifted skin
- Increased collagen production
- A more even skin tone
- Decreased appearance of cellulite
- A youthful, bouncy glow to the skin
- Aids lymphatic
- Decreased appearance of wrinkles

Contraindications

Facial Gua Sha is not advised if you have any of the following

1. Sunburn
2. Skin infections
3. Inflamed skin
4. Wounds
5. Damaged skin
6. Skin cancer
7. Illness
8. Swollen lymph nodes
9. fever

Your stone

Rose quartz is soothing and promotes self-love, reflection and acceptance. It is known as the stone of love.

Hold as shown in the picture

Use at a 15 to 45 degree angle

Wipe clean with a damp cloth and then dry when finished

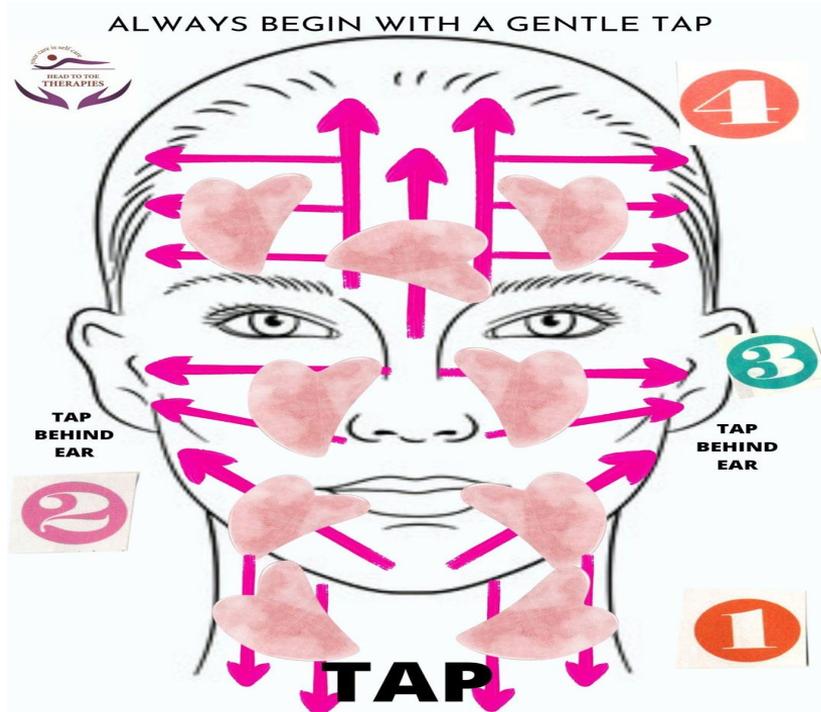
Do not drop as it will break

Application of an oil

Use any good and ideally organic facial oil.

Gua is not about the products but about the Gua Sha stone/tool technique

How To Use



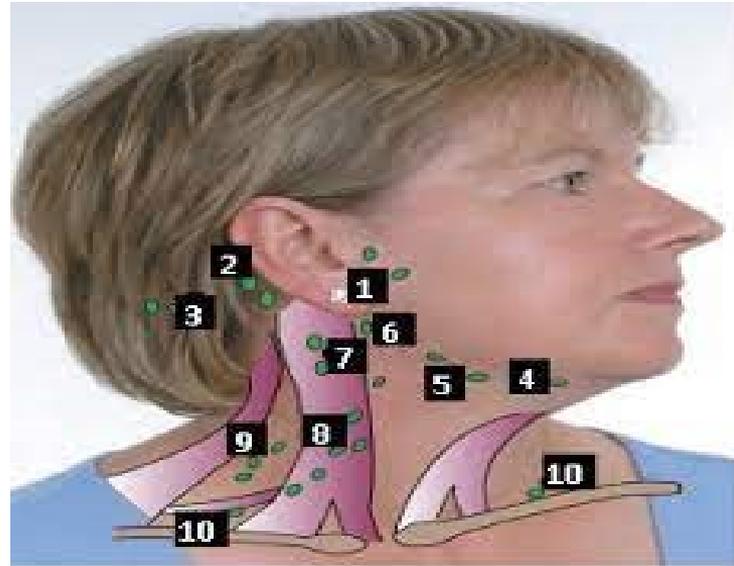
Routine

1. Start with a clean face and apply oil
2. Gentle tap around the base of the neck and behind the ears
3. Hold your stone and start with simple moves down the neck either side of the windpipe
4. Move to the jawline and use the end of the gua sha tool with the two curves. Start from the chin and scrape until the ear. Gently massage the gua sha tool into the ear to release tension
5. Drain from behind the ear
6. Move to the cheeks and scrape in an outwards motion starting from the crease of the nose until the ear.
7. Drain down from behind the ear
8. For the under-eye area, very gently scrape the gua sha from the inner corner of the eye outwards to the temple. Because the area is so sensitive, it is important to only apply light pressure..
9. Move to forehead scrape up from eyebrows to forehead in 3 lines and the scrape out either side over each eye
10. Drain down each side from forehead to neck to finish

Why Tapp

- 1, Thumping, or tapping, your thymus gland **stimulates your immune system**, giving it a boost. Use thymus tapping to keep the gland active and boost your immune system. Gently tapping on the thymus gland creates vibrations that stimulate an increase in the maturation and release of white blood cells.
2. Lymph nodes **grow behind the ear**. These are parts of the immune system that drain and filter tissues. A lymph node can swell if exposed to foreign material. This might occur because of a nearby infection, for example
3. The head and neck region contains over 300 lymph nodes

Main Lymph Nodes



Thank you!!

Any questions please contact
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