



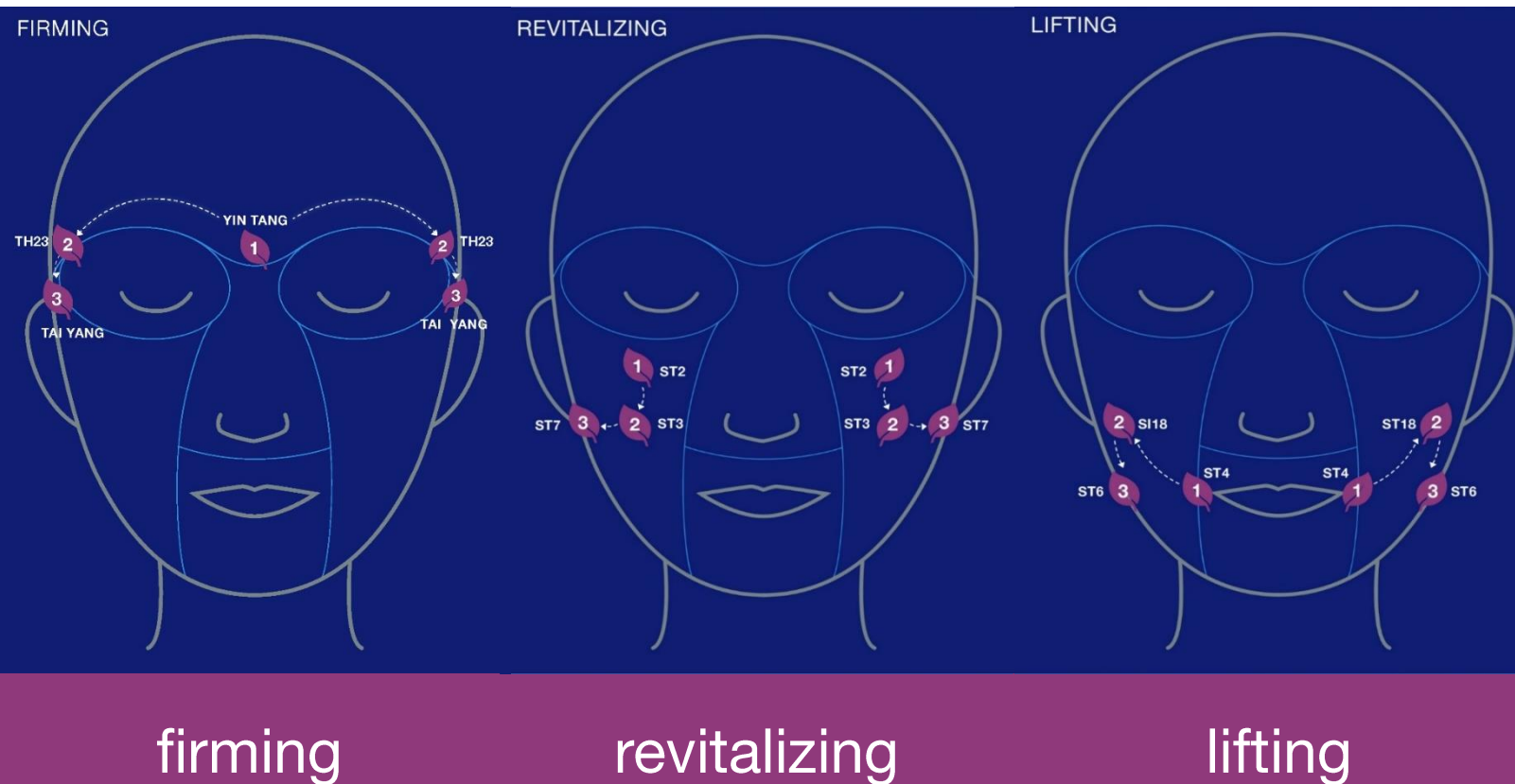
# acupressure and gua sha touch therapy

Gua sha can be used to promote lymphatic drainage which reduces dark circles, puffiness and signs of fatigue. Particularly useful around the eye area. Boosting circulation oxygenates the skin, promoting repair and increasing radiance. With regular gua sha use this increased circulation will boost production of critical skin proteins like collagen and elastin, improving firmness and elasticity. Gua sha also eases muscle tension and tones sagging facial features. Smooth lines and wrinkles, promote increased hydration and energise skin with this supportive massage tool.

## top tips for working with a gua sha stone or crystal

- Remove massage medium from your hands before working with the Gua Sha to avoid the stone slipping out your hand.
- Ensure there is enough medium/product on the skin to perform smooth friction movements.
- When draining towards the ear avoid catching the ear as this feels uncomfortable.
- Adjust pressure and technique according to the face/chest contours and tissue densities.
- Support the skin where needed.
- Check pressure with your client.
- Ensure acupressure points are accurate.
- Check client's body language when completing the Pressure Points to adapt pressure accordingly.

## acupressure points



# step by step protocol



**1**

## chest

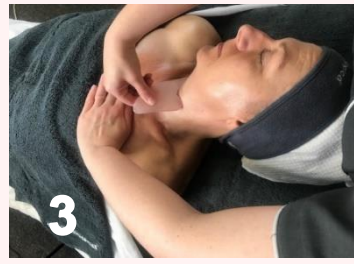
Tilt the clients head to the side. Work under the clavicle with short strokes from the centre of the chest outwards..



**2**

## clavicle

Drain the clavicle towards the shoulder using long strokes



**3**

## neck

Work in short strokes up Sternocleidomastoid from the clavicle up the side of the neck to occiput.



**4**

## shoulder

Perform long firm strokes over the Trapezius and up into the neck



**5**

## jaw

Work shorter strokes from the centre of the chin over the lower jaw towards the ear



**6**

## lower face

Work with long strokes from the centre of the lips towards the lower jaw, then alternate upper and lower lip strokes.



**7**

## lower cheek

Glide downwards over the nasolabial folds



**8**

## cheek

Short confident strokes over the cheeks/ side of the face. Avoiding the eye area



**9**

## eyes

Work under the eye from the inner eye towards the temple x3  
Work over the brow from the inner eye towards the temple x3



**10**

## temples

Glide the Gua Sha from the corner of the eye over the temples to the hairline



**11**

## forehead

Perform short strokes from the centre of the forehead towards the temple. On the final stroke drain down the side of the face



**12**

## nose

Glide gently down the bridge of the nose



**13**

## side of nose

Glide gently down the sides of the nose



**14**

## centre of brows

Deep strokes upwards in between the brows

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**Complete warming movements to boost circulation and oxygenation on one side of the face before repeating on the opposite side.**

**9**

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**Apply gua sha stone tip to pressure points for firming, lifting and revitalizing. Glide between points for a smoother more comfortable experience.**