

Step 1

Begin by placing the gua sha tool in the middle of the forehead with the curved side on the skin. Slide the tool from the middle of the forehead to the side of the head, covering one side of the forehead completely. Repeat on the other side.



Start in middle of forehead



Sweep out towards side of head

Step 2

With the indented side of the tool, place it by the side of the nose at the start of the cheekbone and sweep along the entire cheek bone outward towards the ear. Repeat on the other side.



Start at beginning of cheek bone



Sweep up towards ear

Step 3

Place the curved side of the gua sha tool on the nasolabial fold and sweep outward and upward across the cheek. When you reach the side of the face angle the tool downward to push the sweep to just in front of the ear. The goal is to move the lymph to the node in front of the ear. Repeat on the other side.



A. Starting at the nasolabial fold



B. Sliding along the cheek in an upwards movement



C. Angle the movement slightly downward to the front of the ear.

Step 4

Place the indented side of the tool over the bottom of the chin directly on the midline. Sweep the tool along the jawline towards the ear. Repeat on the other side.



Start on midline at bottom of chin



Sweep upwards toward ear along jawline

Step 5

Place the curved side of the tool behind the ear so it tucks in just behind the jawbone at a slight angle. Sweep the tool down the side of the neck. Repeat on the other side.



Start between the back of ear and jawbone



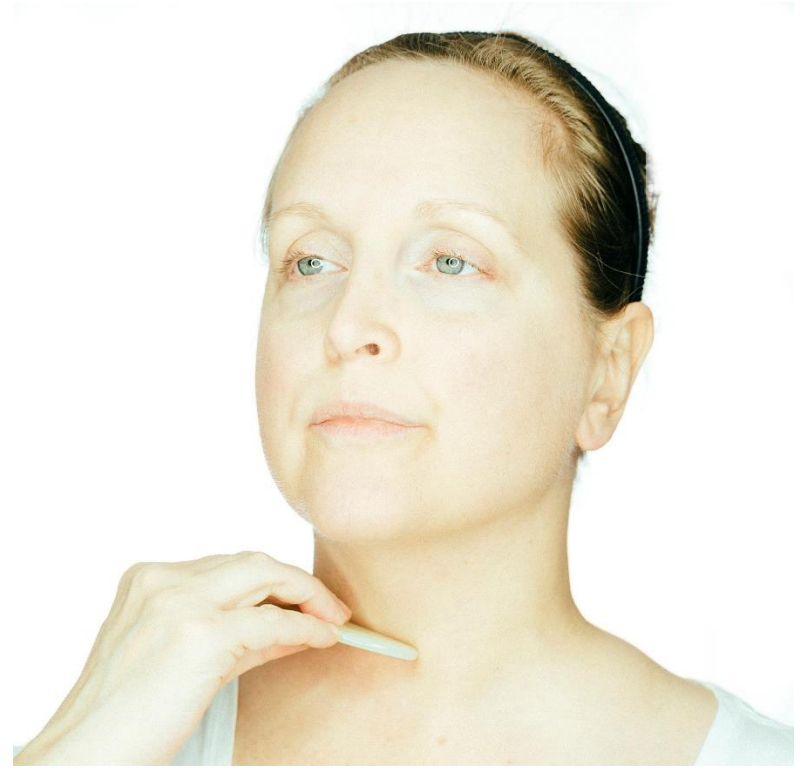
Slide down the side of neck

Step 6

Place the curved side of the tool underneath the chin just to the side of the midline and sweep down towards the collar bone. Work your way along the underside of the jawline towards the ear as you continue sweeping down towards the collar bone. Cover the area in 3 sweeping positions, 1) slightly to the side of the midline under the chin, 2) under mid-cheek, 3) under end of jawbone. Repeat on the other side.



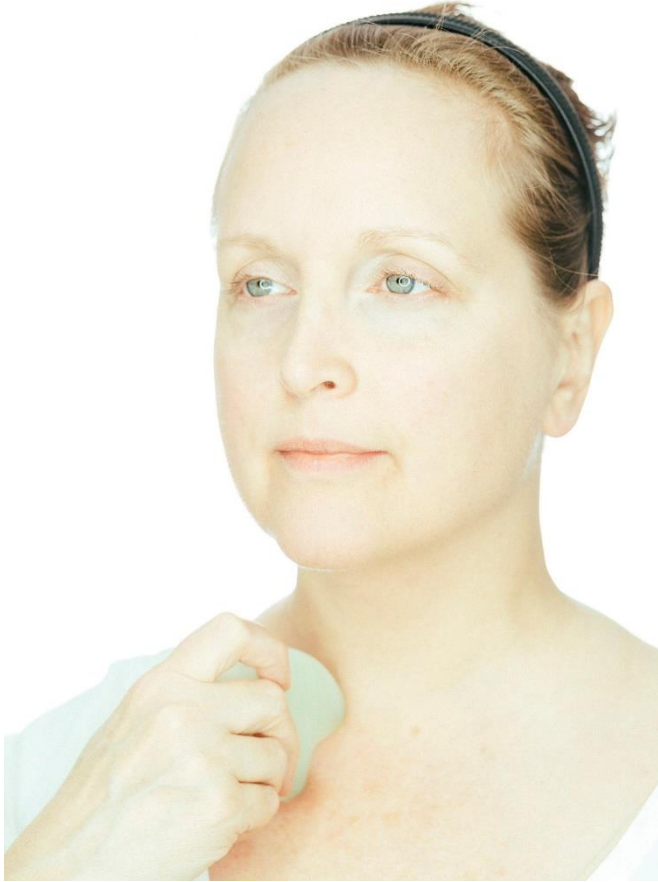
Start at the midline under the chin



Sweep down towards collarbone

Step 7

Place the indented side of the tool over the collar bone as close to the midline as possible. Slide the tool along the collarbone towards the shoulder. Repeat on the other side.



Start at the midline on the collarbone



Sweep towards shoulder

Step 8

With your hand, apply pressure to the opposite shoulder end of the collar bone sliding down towards the armpit in a single movement. The goal of this step is to complete the movement of the lymph to the large lymph nodes located in the armpit. Repeat on the other side.

That's it, you are done!

Just FYI: Lymph nodes are located in multiple places in the body, but the main ones we are working with for this treatment is in front and behind the ear, along the underside of the jawbone, along the collar bone and the armpit.

