

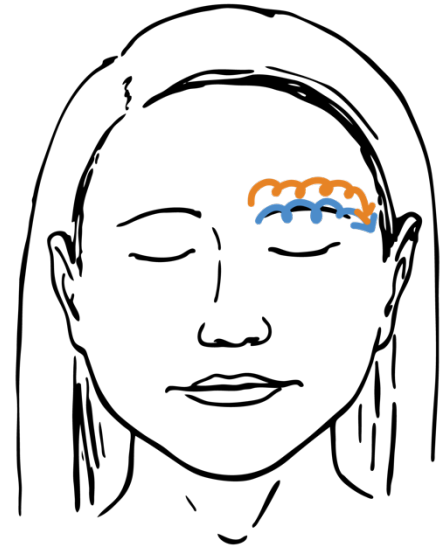
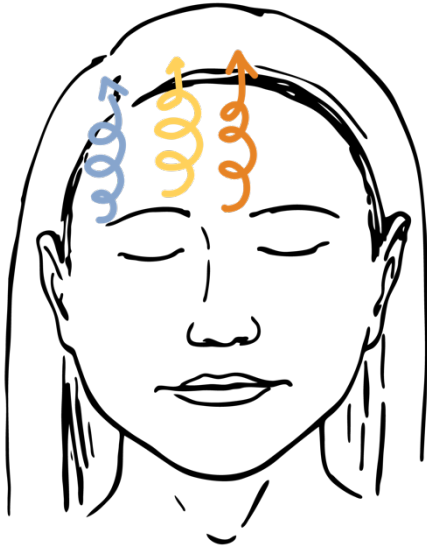


RADIANT  
SHENTI  
焕发身体

**Note:** Do all of the exercises for the right side of the face.  
Then, do all of the exercises for the left side of the face.

**Precaution:** Vary the pressure depending on the area of the face or neck you are doing. Some areas of the face have very thin skin that can be easily damaged. Use your tool or finger with light pressure, just enough to stretch the skin.

## Facial Gua Sha Face Warm-up



**1. Action:** Make a spiraling motion as you move.

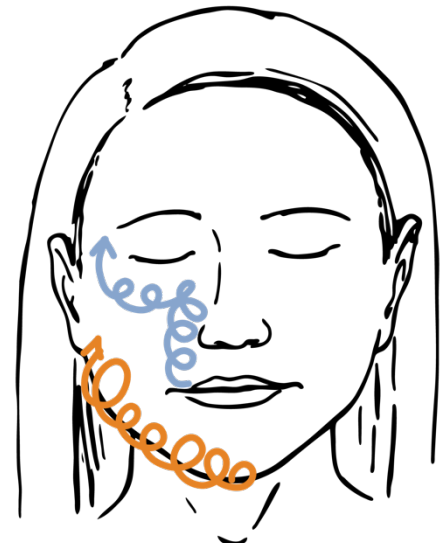
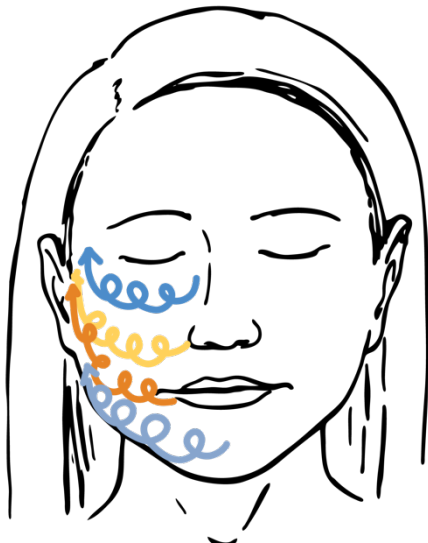
**Location:** Start:

- Between the brows
- At the center of the eyebrow
- At the outer edge of the eyebrow

End all motions at the hairline. Repeat 3-5 times each location.

**2. Action:** Make a spiraling motion as you move.

**Location:** 1. On the eyebrow, moving from the inner edge to the temple. 2. Just above the eyebrow, moving from the inner edge to the temple. Repeat 3-5 times each location.



**3. Action:** Make a spiraling motion as you move.

**Location:** Inner point of each location to the temple.

- Move along the bone beneath the eye (orbital bone)
- Start at the edge of the nose and then follow along the under edge of the cheek bone
- Start at the corner of the mouth and move along the cheek
- Start at the center of the chin and move to the jawbone joint (instead of the temple)

Repeat each row 1 time.

**4. Action:** Make a spiraling motion as you move.

**Location:** Start at the center of the chin along the jawline. Spiral along the jawline and end at the jawbone joint. Repeat 3-5 times.

**5. Action:** Make a spiraling motion as you move.

**Location:** Start at the corner of the mouth and spiral up to the orbital bone. Spiral along the orbital bone to the temple. Repeat 3-5 times.