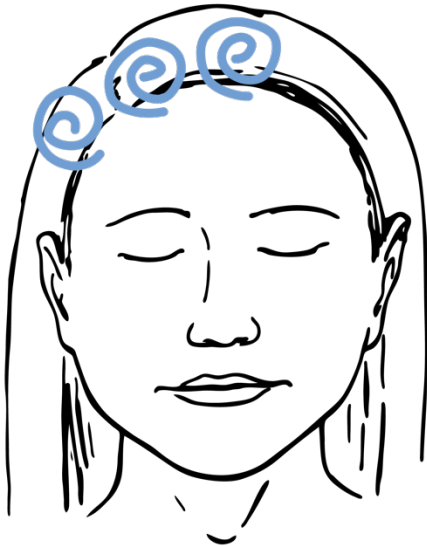




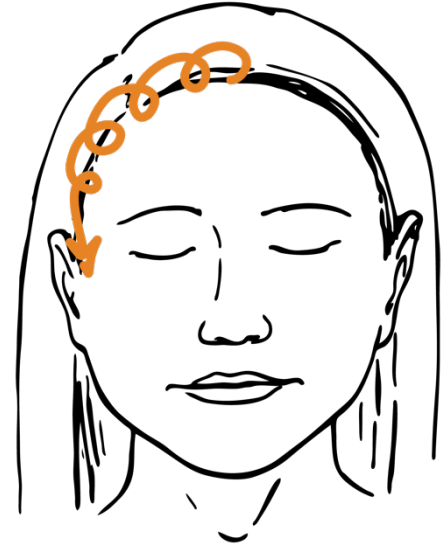
RADIANT
SHENTI
焕发身体

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

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 Head Warm-up



1. Action: Circle in place for 5 seconds. 1 time each location.

Location: At the hairline

- Center of the hairline
- Above the center of the eyebrow
- Above the outer edge of the eyebrow

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

Location: Move in a spiraling motion along the hairline, moving from the center of the head to the temple. Repeat 3-5 times.

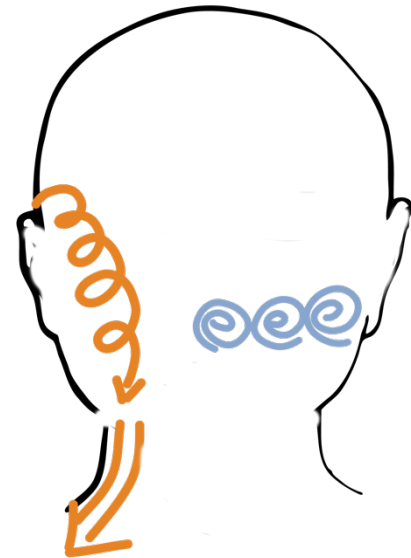


3. Action: Make a spiraling motion as you move

Location: Start at the hairline, move over the top of the head, and end at the base of the skull. Start at:

- Center of the hairline
- Above the center of the eyebrow
- Above the outer edge of the eyebrow

Repeat each row 3-5 times.



4. Action: Make a spiraling motion as you move, followed by a sweeping motion.

Location: Start just above the top of the ear on the head. Spiral behind the ear to the base of the skull. Sweep down the neck. Repeat 3-5 times.

5. Action: Circle in place 5 seconds. 1 time each location.

Location: At the base of the skull: center, 1 finger-width outside of center, 2 finger-widths outside of center.