

INTRODUCTION TO FACIAL GUA SHA HANDBOOK



What is facial gua sha?

Gua sha is a treatment developed in China thousands of years ago and still used today to help you age beautifully. Regular use of gua sha techniques enlivens your skin from the inside out by calming the mind and stimulating meridian points in the body.

It's an affordable, super simple way to boost your overall health and give you that radiant glow.

How facial gua sha works

The treatment of the skin known as facial gua sha involves "scraping" the skin with your fingers, hands, or a tool.

You do not tear or bruise the skin, but you produce enough pressure to increase the flow of blood and oxygen to the area you "scrape."

The idea is that you nourish the face by allowing a constant flow of oxygenated blood, full of nutrients, to the area. When qi and blood flow smoothly, you will feel and look good.

When there are blocks in the body, in particular blocked qi along different meridian points, you will feel aches and pains, stiffness, and other discomfort.



You can see an immediate change when you "scrape" the face using the patterns you will learn. The heat generated has even greater power when you pay attention to specific meridian points on the face, head, neck, arms, legs, and torso. For example, you will learn a number of different patterns on your arms that make your face glow by strengthening your internal organ systems.

Think of your beauty like the leaves of a tree. You could provide all of the sun and air you want to the leaves, but if the roots do not draw moisture from the soil to nourish the leaves, they will wither and die.

When you do gua sha, you are treating the roots of your beauty. You are nourishing the networks that bring vital energy and fluids to muscles, fascia, and skin.

How to do facial gua sha

Using the flat part of the middle section of your index finger, drag your hand across the skin. Keep the finger angled at least 90 degrees. Keep a constant pressure and speed that is comfortable but firm.

Keep all of your other fingers tucked in so they do not get in the way.





You can find specific gua sha tools made of bone, wood, and stone. Stone tools are the most common and have additional energy benefits, depending which stones they come from. Smaller tools are best for the head, face, and neck because they are easier to maneuver in small spaces.

A tool with a concave side is great to use running down the neck. You can also use a porcelain Chinese soup spoon in a pinch!

READING YOUR FACE

Looking at your face is the first step in facial gua sha. Each person is unique, and each person's needs over time are also unique.

The first step to beautiful skin is knowing what areas of your face need your attention.

Before you learn how to read your face, it's important to look at your face closely.

Using the face map, without judgment or worry, record what you see when you look at your face in the mirror.

No need to be a skilled artist! Just make marks where you see fine lines, deep wrinkles, acne, fatty deposits, loose skin, etc.

All of these marks tell you important information about your internal health, emotions, and life experiences.



Reading Your Face

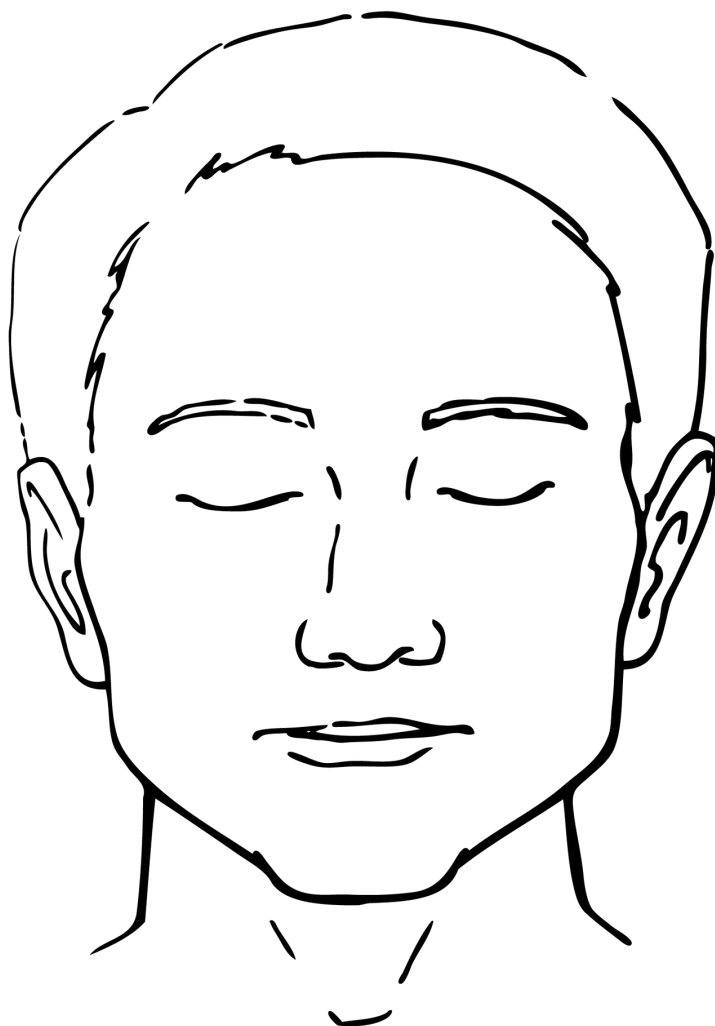
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Reading Your Face

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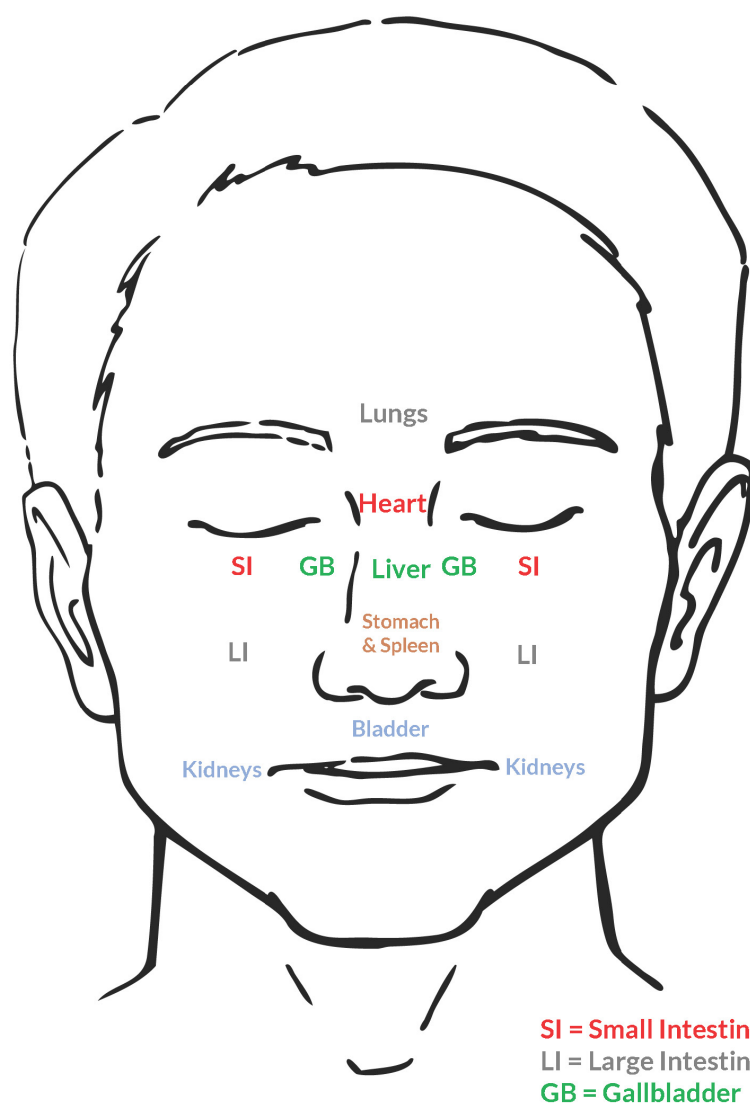
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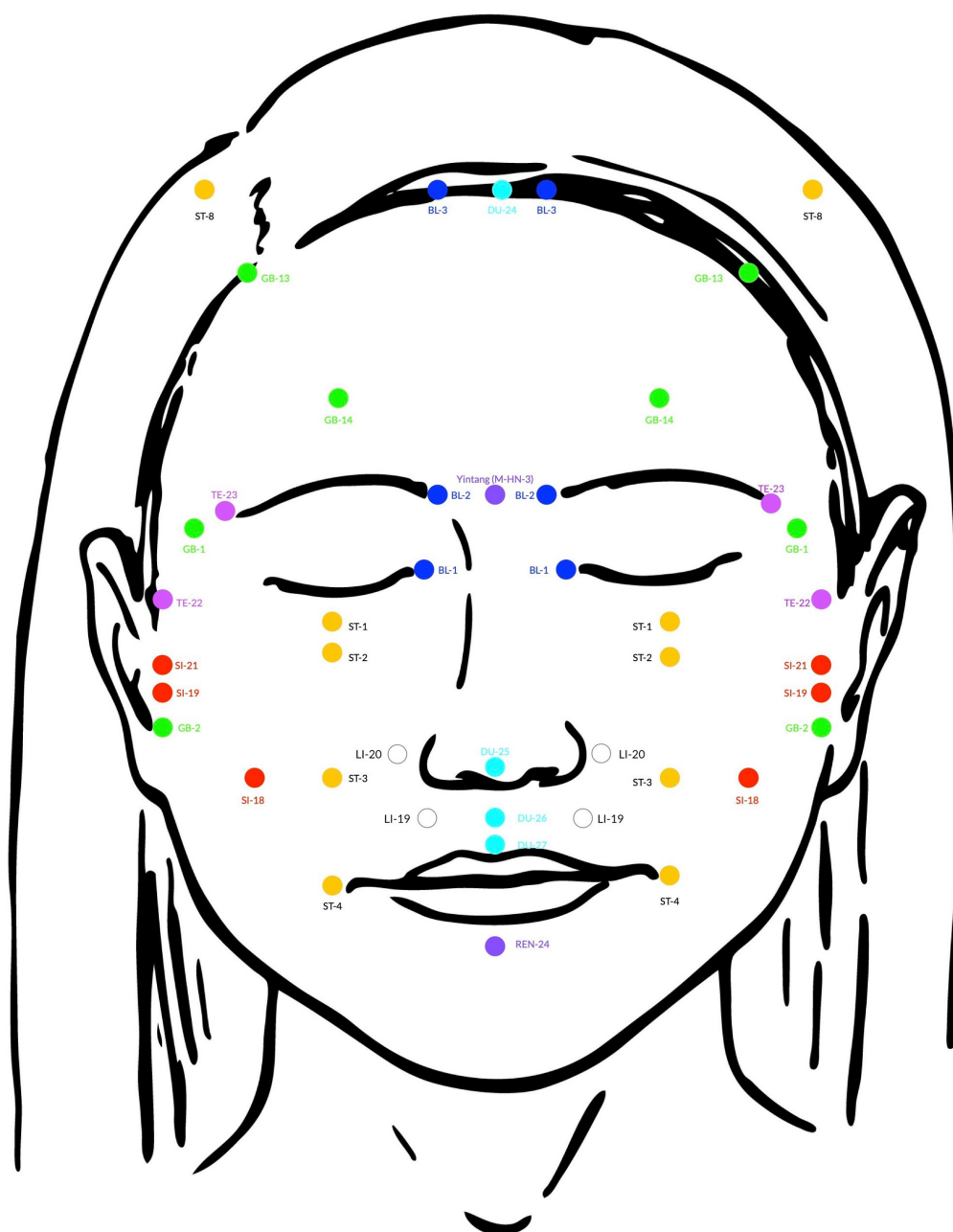
Reading your internal health on your face

Chinese medicine (TCM) maps the organs on the face. By assessing the condition of certain colors and textures on different areas of the face, TCM doctors have a sense of health of or problems in different organ systems.

There are two ways to determine your internal organ health. The first is the Chinese Lillian Bridges internal organ map guide. The second is by looking at acupuncture points on the face.

Both will give you clues about internal health problems. Doing gua sha will help address these problems.





Key

BL = Bladder

DU = Governor vessel

GB = Gallbladder

LI = Large Intestine

REN = Conception vessel

SI = Small intestine

ST = Stomach

Reading life experiences on your face

Whenever something stressful occurs in your life, your face reflects the experience. Some of your life essence qi (Jing qi) is "frozen" at that age on the face. The lines are most often horizontal.

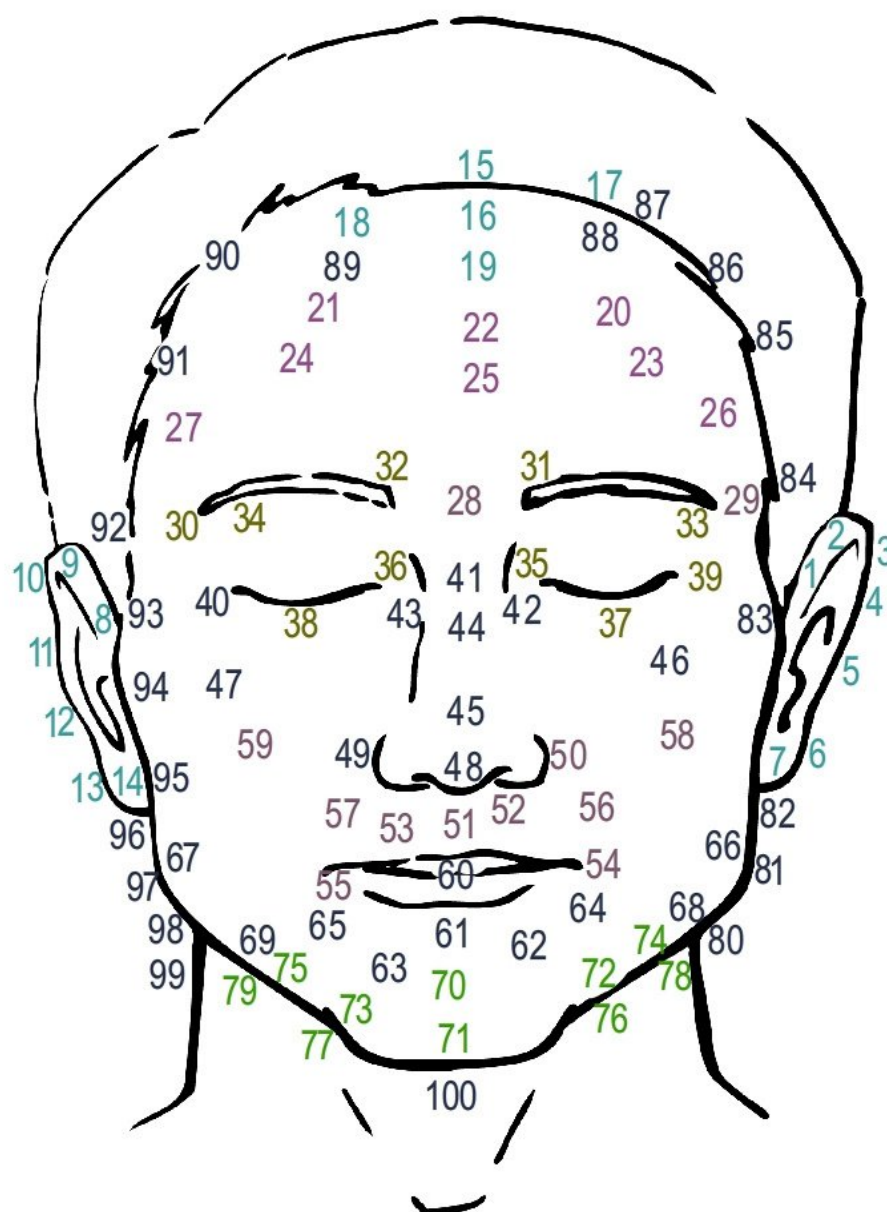
Focus on what your face tells you about life experiences using the Facial Ages Map.

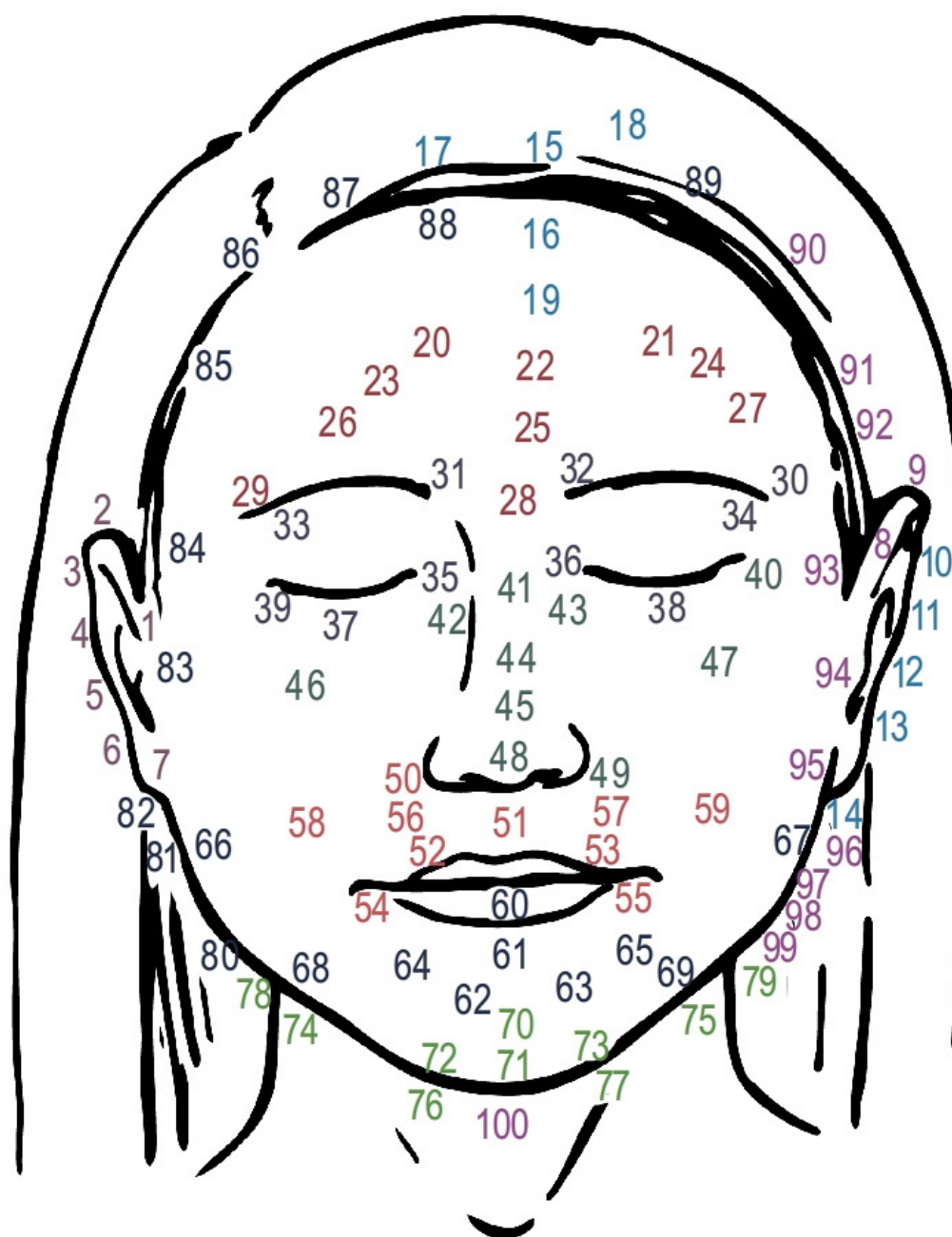
How will this information help heal your body?

When you notice that your face still has lines from a traumatic or stressful situation that happened years ago, it means that your meridians are still blocked, and that you have not healed.

You can open blocks through gua sha to begin the healing process. You might also need to reflect, journal, and/or talk with someone to process and let go of the past experience.

Your face can change. As you open up blocked meridians, nurture your organ systems, and process your emotions, your face will reflect your growth and improvement.





Reading your emotions on your face

In Chinese medicine, there are five basic emotions, and each is associated with an internal organ system in the body:

- **Fear or anxiety – Kidney**
- **Anger – Liver**
- **Joy or excitement – Heart**
- **Worry – Spleen and Stomach**
- **Grief or sorrow – Lungs**

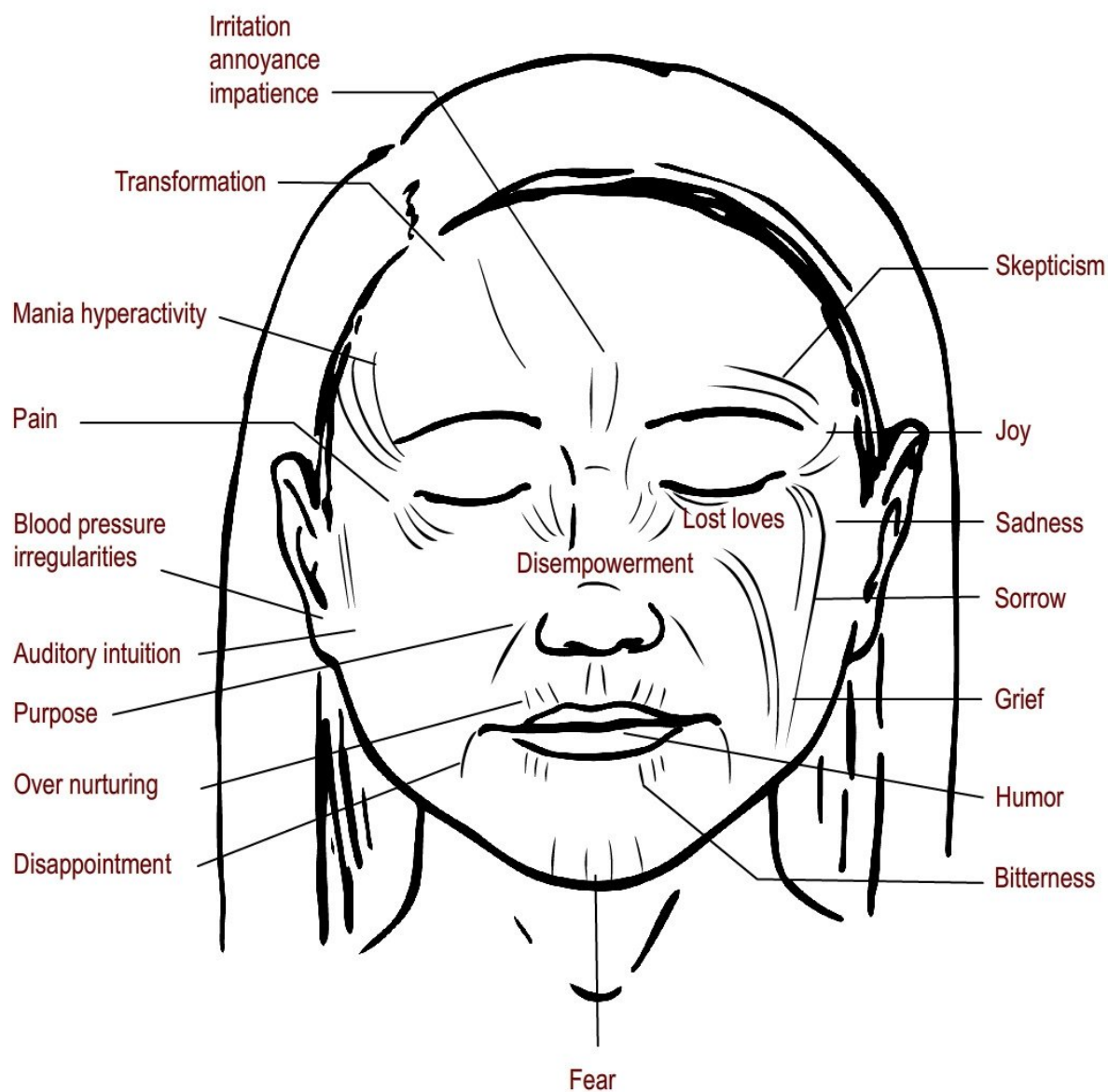
In addition to its own emotion of joy, the Heart regulates all of the other organs and their corresponding emotion in some form.

Expressing your feelings through the over 100 muscles of the face is important for your overall health. Emotion lines are not a bad thing.

That being said, overuse of your muscles for certain emotions indicates an imbalance. It is important to experience your feelings, process their lessons, and move forward. Lingering anger, grief, worry, etc. harm the organ systems associated with them.

Your face tells you what emotions you need to deal with for peace of mind, better health, and a shining inviting countenance.

If you do facial gua sha and balance your emotions, you will literally see wrinkles "pop off" your face.



Facial gua sha techniques

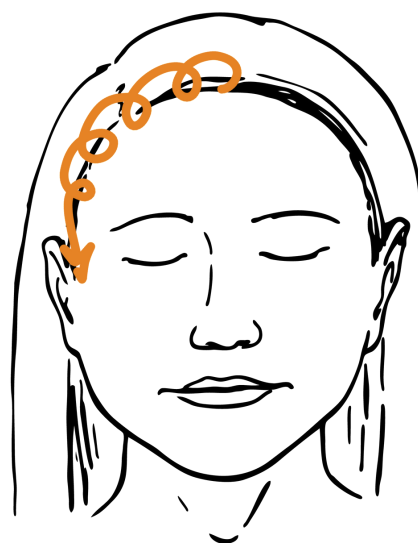
Static Circles

The first technique is static circles. Place your finger or tool on the desired location. Move around in a circle while staying in the same location. Keep steady contact between the tool and your skin. You should feel a slight warming of the skin. Focus pressing the muscle and tissue beneath the skin. Initiate the movement from the shoulder or elbow. You may use your wrist if needed.



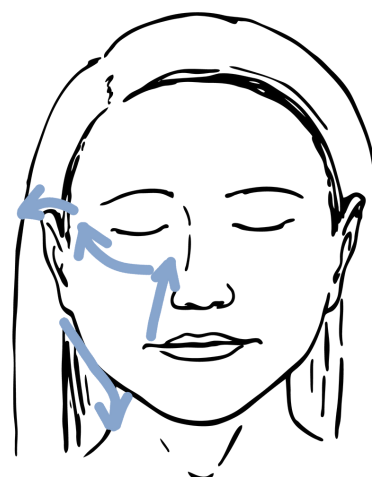
Moving Spirals

Apply light pressure, slowly moving your gua sha tool as your move in a spiraling motion. Keep steady contact with the skin the entire time you are moving the tool. You should feel a slight, warm flush of the skin with no redness. Focus pressing the muscle and tissue beneath the skin. You may use your arm and wrist to make static circles.



Sweep

Use the side of your gua sha tool. Move the stone in one, continuous, unbroken movement of constant contact with the skin. It is a flowing motion that reaches the muscles and tissues beneath the skin with a light tugging feeling. Maintain steady contact with the skin for the entire stroke. Your skin should feel warm and flushed but you should not see any redness or discoloration.



Facial Gua Sha Head Warm-up



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.

It's all connected – Head warm-up When you warm up the head, you massage larger muscles groups that connect to and impact your facial muscles. Massaging loosens these muscles, which allows blood and Qi to flow to the face more freely. You are also stimulating many important meridian points, getting a jump start on healing your Zang Fu organ systems!

This warm-up is done along the hairline or within the hair, except for one section when you will sweep down the side of your neck. You do not need oil for your head, but you will want to apply some oil or cream to your neck.

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: 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.



3. 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



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.



Facial Gua Sha Face Warm-up



Note: Do all of the exercises for the rightside 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.

Loosening your face Just as you warmed up the head, you need to warm up your face. You are stimulating meridian points on the face as well, enlivening and awakening the body's energy channels.

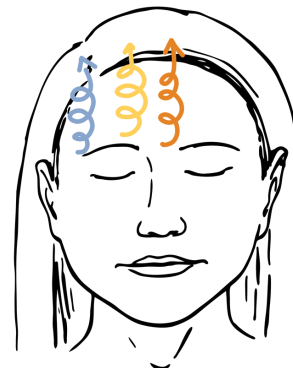
You will need to apply oil or cream to protect the tender skin of the face. Spread the product smoothly and evenly. You don't want to use so much that you make the skin slippery. Use just enough to lightly lubricate the skin.

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

Location: Start:

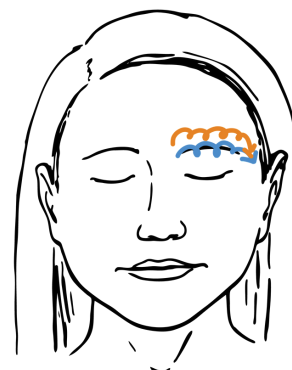
- Between the brows
- At the center of the eyebrow
- At the outer edge of the eyebrow

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



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

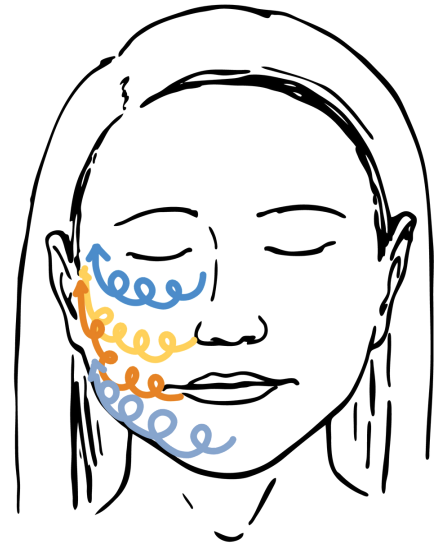
Location: 1. On the eyebrow, moving from the inner edge to the temple. 2. Just above the eyebrow, moving from the inner edge to the temple. Repeat 3-5 times each location.



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 cheekbone 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.

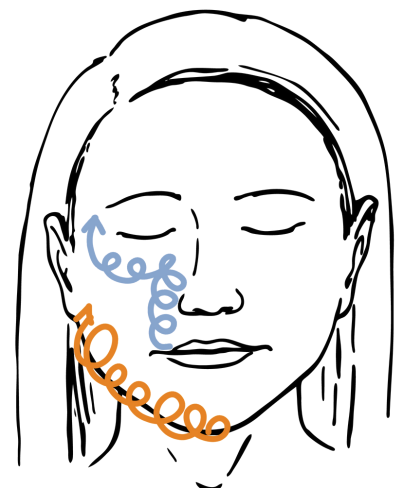


4. Action: Make a spiraling motion as you move.

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.



Facial Gua Sha Forehead



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.

Easing forehead lines The forehead reflects different ages of our life, as well as organ health. These particular patterns will help erase the challenges of time. They will also nourish the skin of the forehead by release stagnation in meridians that affect the skin in this area.

1. Action: Sweep across the forehead in 4 sections. 3-5 times

Location:

Start at center of forehead and sweep to temple and then above the ear in this order:

- Upper section
- Middle section
- Lower section
- Along the eyebrow



2. Action: Short firm strokes over the top of the head. 3-5 times

Location: 1. Center top of forehead sweeping straight back the inner edge of occipital region 2. Above center of eyebrow at top of forehead sweeping straight back the center of the occipital region 3. Above outer edge of eyebrow sweeping straight back to outer edge of occipital region



3. Action: Narrow strokes up and down, like brushing your teeth. 3-5 times.

Location:

1. Along the occipital region where the neck meets the base of your skull, moving from center of head to outside. 2. Stroke first along one side and then the other.



Facial Gua Sha Eyes, Mouth, & Cheeks



Precaution: Vary the pressure depending on the area of 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.

Treating the eyes The skin around the eyes is very thin and delicate and wrinkles more easily. Problems in this area worsens with poor circulation, lack of sleep, stress, and poor hygiene. Facial gua sha is an effective tool to prevent and reduce these conditions. They also treat congestion of the sinuses, which hinders facial beauty and a radiant glow. This combination of sequences for the eyes, mouth, and cheeks helps the blood flow smoothly through the face, which prevents circles around the eyes. They also reduce puffiness and congestion under the eyes and give you rosy cheeks.

Eyes

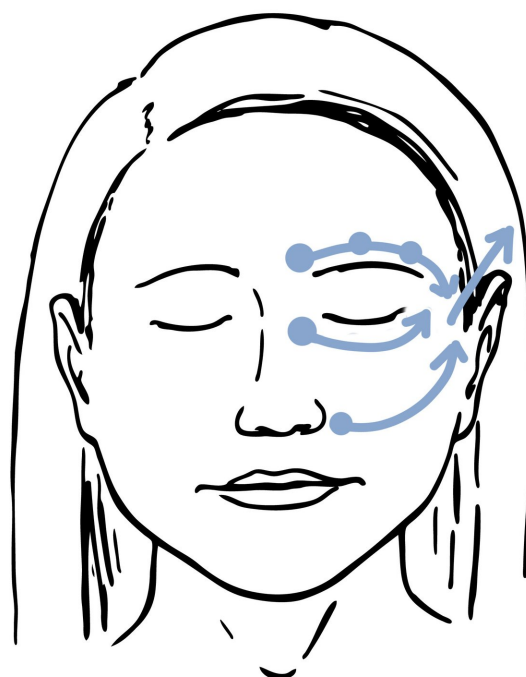
1. Press at the inside of the eyebrow for 1-2 seconds.
2. Sweep one finger-width to the outside & press 1-2 seconds.
3. Sweep another finger-width to the outside & press 1-2 seconds.
4. Sweep to the temple and press for 1-2 seconds.
5. Sweep back over the top of the ear

Repeat on each side of the face 3-5 times.

1. Press at the inside corner of the orbital bone 1-2 seconds.
2. Sweep across to the outer corner of the eye and then up and over the ear.

Repeat on each side of the face 3-5 times.

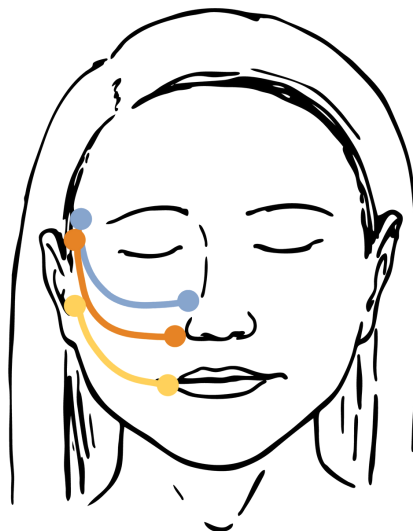
1. Press at the outer corner of the nose wing 1-2 seconds.
 2. Sweep up to the temple and then up and over the ear
- Repeat on each side of the face 3-5 times.



Mouth and Cheeks

1. Press at the top of the nose wing 1-2 seconds.
2. Sweep up to the temple and press 1-2 seconds.
3. Press at the bottom of the nose wing 1-2 seconds.
4. Sweep up to the temple and press for 1-2 seconds.
5. Press at the corner of the mouth 1-2 seconds.
6. Sweep up to the temple and press for 1-2 seconds.

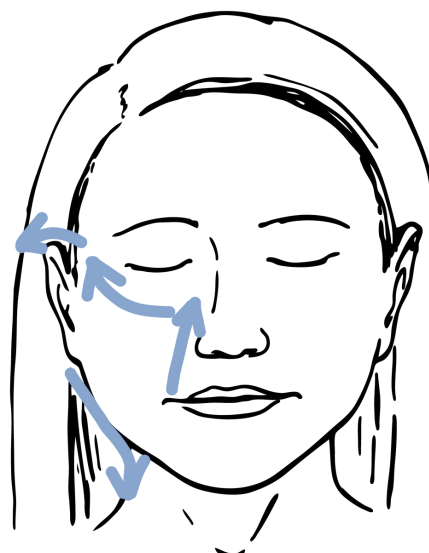
Repeat on each side of the face 1 time.



Mouth and Cheeks

1. Press at the corner of the mouth.
2. Sweep up to the top of the nose wing.
3. Sweep under the orbital bone to the temple.
4. Sweep over the ear.
5. Sweep down behind the ear.
6. Sweep down the side of the neck.

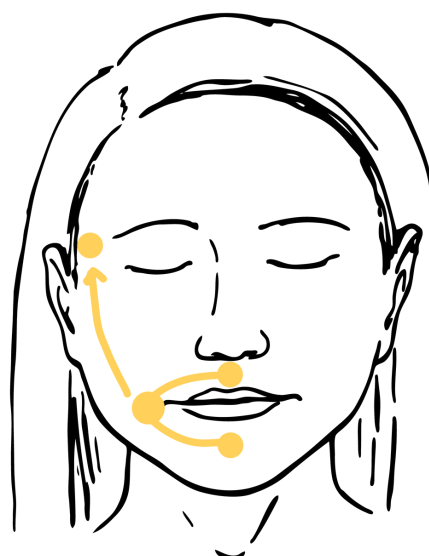
Repeat on each side of the face 3-5 times.



Mouth and Cheeks

1. Press at the center above the upper lip and below the nose for 1-2 seconds.
 2. Sweep to the corner of the mouth and press for 1-2 seconds.
 3. Sweep along the outer edge of the cheek to the temple and press for 1-2 seconds.
- eyes

Repeat on each side of the face 3-5 times.



Facial Gua Sha Jawline & Neck

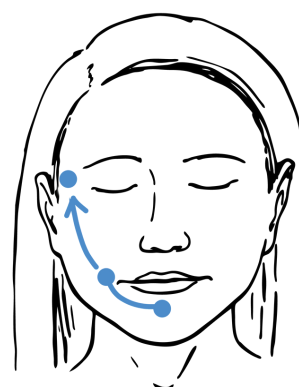


Precaution: Vary the pressure depending on the area of the face or neck you are doing. Some areas of the face have very thin skin that can be easily damaged. Use your tool or finger with light pressure, just enough to stretch the skin.

Treating the jawline and neck Tension, anxiety, and stress commonly harden the muscles and restrict blood flow in the neck and shoulders, as well as along the jawline. In addition, people often clench their jaws, which can make the entire face look and feel tense. As a result, Qi does not flow properly, and the face does not radiate a positive energy. Using facial gua sha to open up blockages, you will nourish and heal your skin from the inside out, as well as enjoy the benefits of true relief from stress and muscles tension.

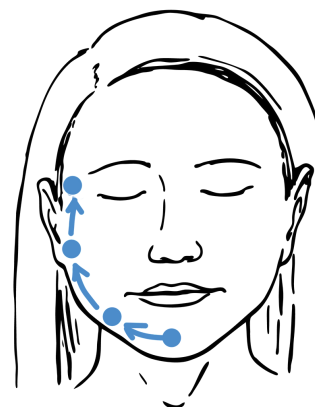
Neck and Jawline

1. Press at the center just above the chin and below the lower lip for 1-2 seconds.
 2. Sweep up to the corner of the mouth and press for 1-2 seconds.
 3. Sweep up to the temple and press for 1-2 seconds.
- Repeat on each side of the face 3-5 times



Neck and Jawline

1. Press at the center of the chin for 1-2 seconds.
2. Sweep up along the jawline 2 finger-widths and press 1-2 seconds.
3. Sweep up to the jawbone joint and press 1-2 seconds.
4. Sweep up to the temple and press 1-2 seconds. Repeat on each side of the face 3-5 times.



Neck and Jawline

1. Sweep along the jawline from the chin to the jawbone joint.
 2. Sweep down the side of the neck.
- Repeat on each side of the face & neck 3-5 times.



Neck and Jawline

1. Sweep down the center of the back of the neck from the base of the skull to the top of the shoulders.
 2. Move 1 finger-width to the outside and sweep down.
 3. Move another finger-width to the outside of the neck and sweep down.
 4. Sweep down the side of the neck
- Repeat on each side of the neck 3-5 times.



Neck and Jawline

1. Sweep down just outside of the center front of the neck to the collar bone.
 2. Move 1 finger-width to the outside and sweep down.
 3. Move another finger-width to the outside of the neck and sweep down.
- Repeat on each side of the neck 3-5 times



Neck and Jawline

1. Sweep from under the jawline down the neck to the shoulder.
- Repeat on each side of the neck 3-5 times.

Facial Gua Sha - Full Facial Sequence

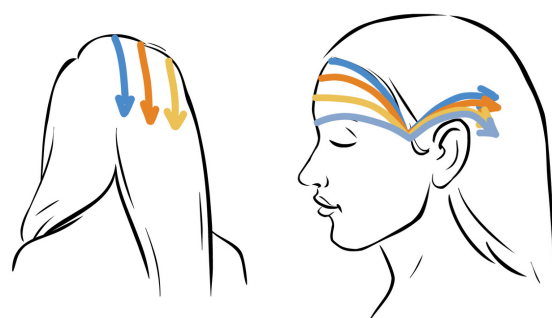


Precaution: Vary the pressure depending on the area of the face or neck you are doing. Some areas of the face have very thin skin that can be easily damaged. Use your tool or finger with light pressure, just enough to stretch the skin.

Putting it all together If you have time, you can put together everything you have learned in one smooth facial gua sha flow. Enjoy the relaxation and beauty benefits!

Forehead

Action: Short firm strokes over the top of the head. 3-5 times
Location: 1. Center top of forehead sweeping straight back the inner edge of occipital region
 2. Above center of eyebrow at top of forehead sweeping straight back the center of occipital region
 3. Above outer edge of eyebrow sweeping straight back to outer edge of occipital region



Forehead

Action: Sweep across the forehead in 4 sections. 3-5 times
Location: Start and center of forehead and sweep to temple and then above the ear in this order:
 Upper section • Middle section • Lower section • Along the eyebrow



Eyes

1. Press at the inside of the eyebrow for 1-2 seconds.
2. Sweep one finger-width to the outside & press 1-2 seconds.
3. Sweep another finger-width to the outside & press 1-2 seconds.
4. Sweep to the temple and press for 1-2 seconds.
5. Sweep back over the top of the ear

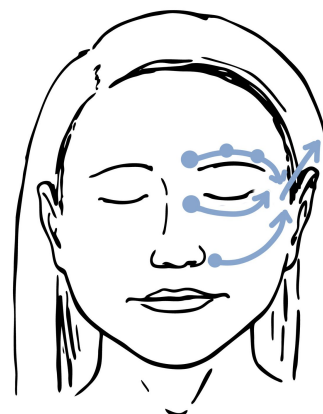
Repeat on each side of the face 3-5 times.

1. Press at the inside corner of the orbital bone 1-2 seconds.
2. Sweep across to the outer corner of the eye and then up and over the ear.

Repeat on each side of the face 3-5 times.

1. Press at the outer corner of the nose wing 1-2 seconds.
2. Sweep up to the temple and then up and over the ear

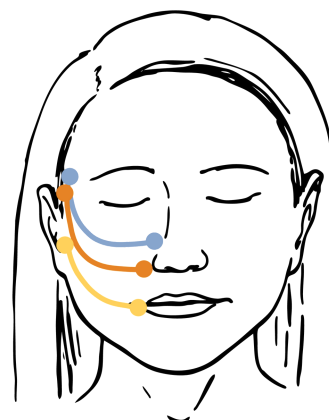
Repeat on each side of the face 3-5 times.



Mouth and Cheeks

1. Press at the top of the nose wing 1-2 seconds.
2. Sweep up to the temple and press 1-2 seconds.
3. Press at the bottom of the nose wing 1-2 seconds.
4. Sweep up to the temple and press for 1-2 seconds.
5. Press at the corner of the mouth 1-2 seconds.
6. Sweep up to the temple and press for 1-2 seconds.

Repeat on each side of the face 1 time.



Nose and Cheeks

1. Static circle below nose wing 1-2 seconds.
2. Sweep to top of nose wing and static circle 1-2 seconds.
3. Sweep to inner corner of orbital bone and static circle 1-2 seconds.
4. Sweep along orbital bone to temple and static circle 1-2 seconds.

Repeat on each side of the face 1 time.



Mouth and Cheeks

1. Press at the center above the upper lip and below the nose for 1-2 seconds.
2. Sweep to the corner of the mouth and press for 1-2 seconds.
3. Sweep along the outer edge of the cheek to the temple and press for 1-2 seconds. eyes.

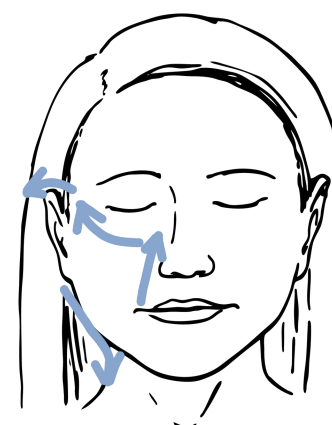
Repeat on each side of the face 3-5 times.



Mouth and Cheeks

1. Press at the corner of the mouth.
2. Sweep up to the top of the nose wing.
3. Sweep under the orbital bone to the temple.
4. Sweep over the ear.
5. Sweep down behind the ear.
6. Sweep down the side of the neck.

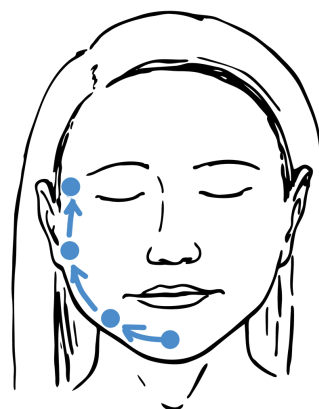
Repeat on each side of the face 3-5 times.



Neck and Jawline

1. Press at the center of the chin for 1-2 seconds.
2. Sweep up along the jawline 2 finger-widths and press 1-2 seconds.
3. Sweep up to the jawbone joint and press 1-2 seconds.
4. Sweep up to the temple and press 1-2 seconds.

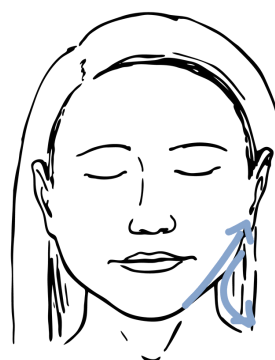
Repeat on each side of the face 3-5 times.



Neck and Jawline

1. Sweep along the jawline from the chin to the jawbone joint.
2. Sweep down the side of the neck.

Repeat on each side of the face & neck 3-5 times.



Neck and Jawline

1. Sweep down just outside of the center front of the neck to the collar bone.
2. Move 1 finger-width to the outside and sweep down.
3. Move another finger-width to the outside of the neck and sweep down.

Repeat on each side of the neck 3-5 times.



Neck and Jawline

1. Sweep down the center of the back of the neck from the base of the skull to the top of the shoulders.
2. Move 1 finger-width to the outside and sweep down.
3. Move another finger-width to the outside of the neck and sweep down.
4. Sweep down the side of the neck

Repeat on each side of the neck 3-5 times.



Neck and Jawline

1. Sweep from under the jawline down the neck to the shoulder.

Repeat on each side of the neck 3-5 times.

2. Sweep over the shoulder in 4 strokes.

Repeat on each side of the neck 3-5 times.



References

Bridges, L. (2012). *Face Reading in Chinese Medicine*.

Witham, C. (2018). *Facial Gua Sha: A Step by Step Guide to a Natural Face Lift*.

Zhang, Y. (2020). *Comprehensive Handbook of Traditional Chinese Medicine: Prevention & Natural Healing*.