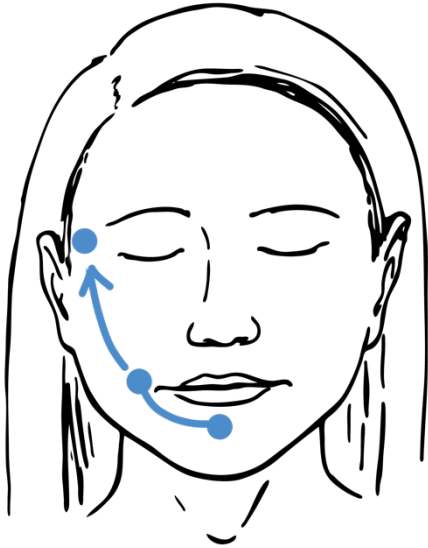




RADIANT
SHENTI
焕发身体

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.

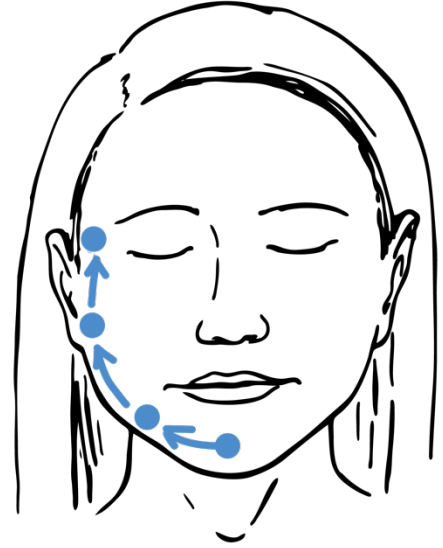
Facial Gua Sha Jawline & Neck



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.

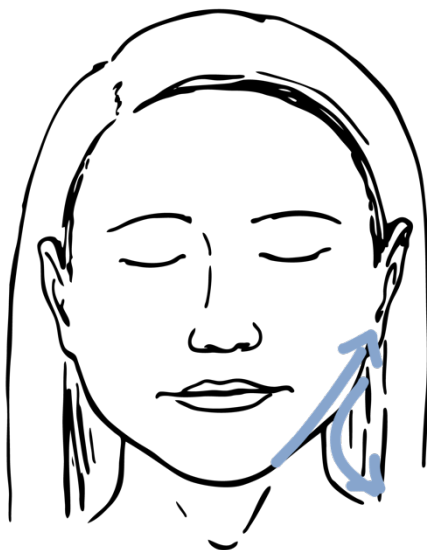
Repeat on each side of the face 3-5 times.



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.



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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.