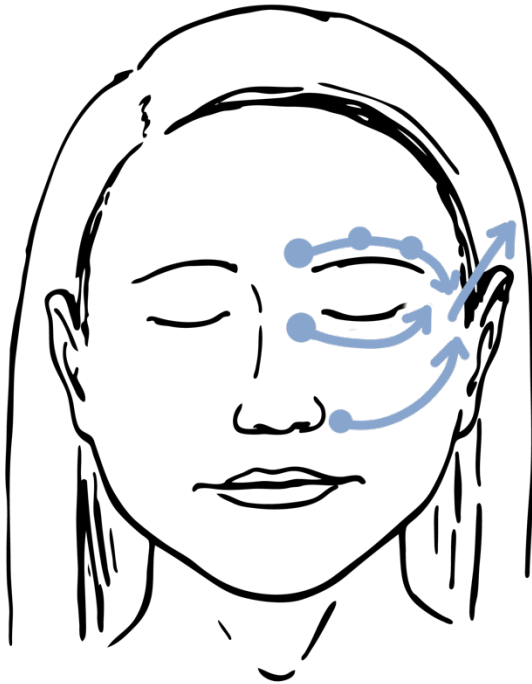


Facial Gua Sha to Get Rid of Dark Circles Under the Eyes

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.

Always check with your healthcare provider before doing gua sha, to make sure it's a good fit for you.



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

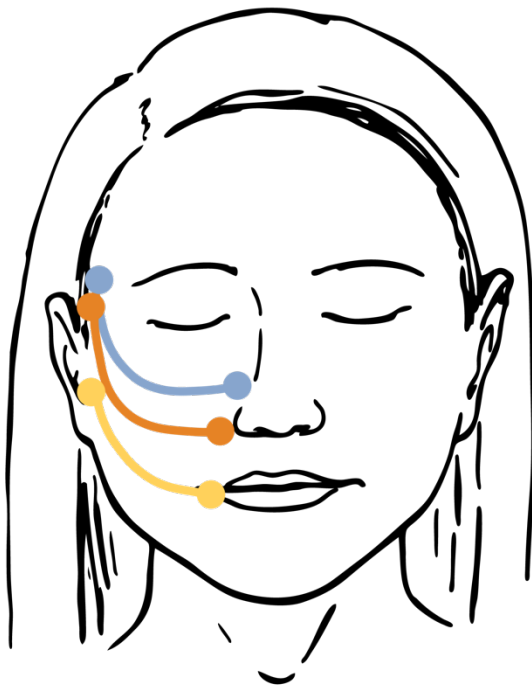
Repeat on each side of the face 3-5 times.

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.



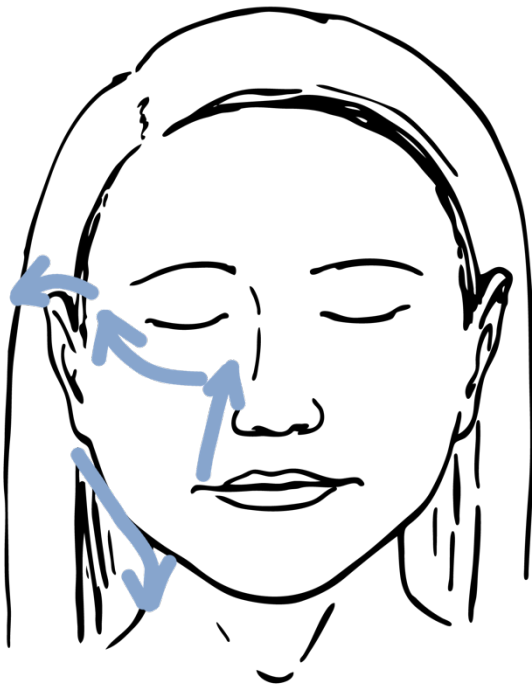
Mouth and Cheeks

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.



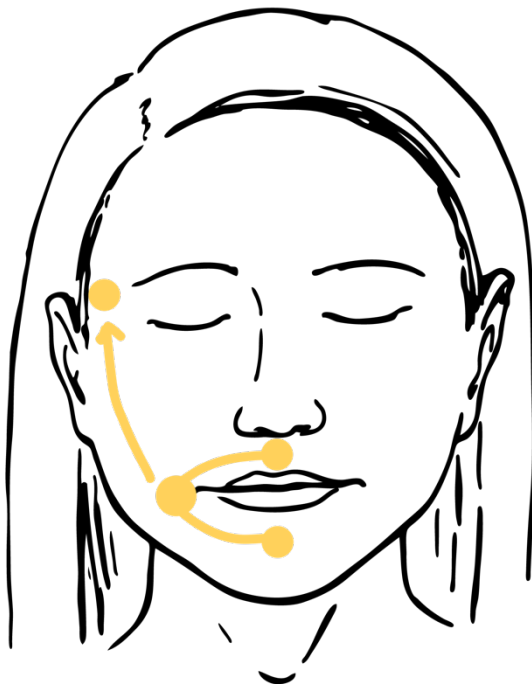
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焕发身体



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.

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