

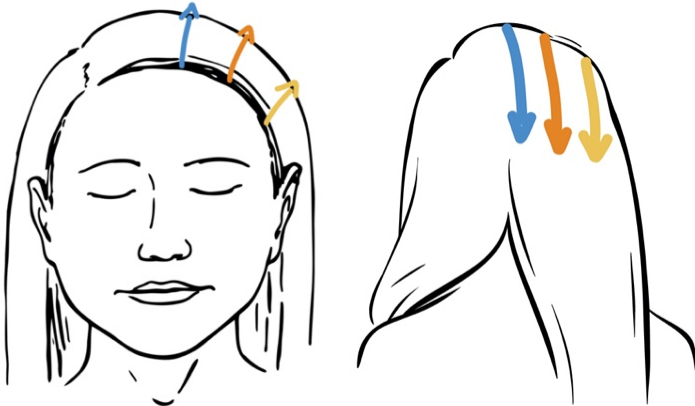


RADIANT
SHENTI
焕发身体

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 - Full Facial Sequence

Make sure to complete your head and face warm-up sequences first.



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

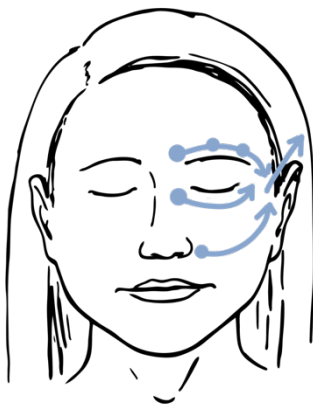


Forehead

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.

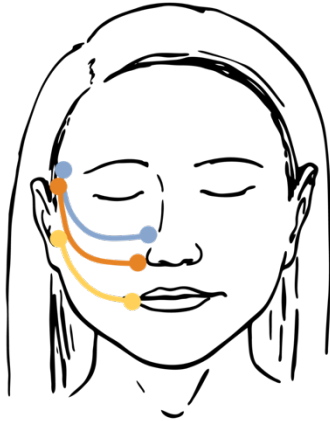
1. Press at the inside corner of the orbital bone 1-2 seconds.
 2. Sweep across to the outer corner of the eye and then up and over the ear.
- Repeat on each side of the face 3-5 times.

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.



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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.



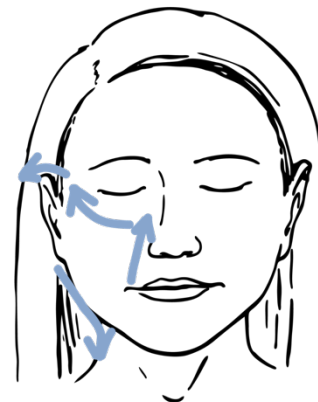
Nose and Cheeks

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.



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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.



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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.