How to Be A Gua Sha Goddess

Use a light-medium oil like coconut or jojoba oil.
Always start with light and slow pressure in any new area and increase pressure or speed according to what feels right but never increase pressure and speed simultaneously.



FOREHEAD FOR ENHANCING CLARITY

Start with the short edge of the tool positioned at a 30-degree angle to the skin. Using long, slow upward strokes, glide across the forehead from the brows toward the hairline.

EYEBROWS FOR FOCUS & VISION

Using the notched ("knuckled") edge or any corner of the tool, perform gentle lateral strokes along the eyebrows, moving from the midline of the face toward the ears.

CHEEKS FOR RECEPTIVITY & ACCEPTANCE

Begin in the space between the cheekbone and the jawbone, using short, superficial vertical strokes from the corner of the mouth toward the angle of the jaw

JAW FOR CONVICTION & DETERMINATION

Use short or long edge, perform strokes in a lateral motion beneath the jaw. Hold the tool at a 30-degree angle to the skin with the edge positioned parallel to the jawline.

CHEEKBONE FOR SERENITY & SELF-ESTEEM

Use the long edge along the front of the cheekbone and switch to the notched ("knuckled") edge to follow the arch that guides the cheekbone from the front to the side of the head.