

## Why Gua Sha?

Gua Sha is an ancient Chinese massage technique that includes the use of a smooth stone to stimulate microcirculation of the soft tissue, which increases blood/lymphatic flow, encouraging skin health. Intended to address the flow of stagnant energy and promote wellness, Gua Sha massage was traditionally used all over the body to reduce inflammation.

When used on the face, the gentle pressure and strokes encourage the energy flow whilst the smooth-edged stone helps the skin's elasticity and tone.

## Prepare for your unique Gua Sha experience.

Find a quiet spot, make sure you are comfortable and embrace the moment. Take a deep breath in and set your intentions for your Gua Sha ritual. Setting your intentions is a powerful part of the process, allowing you to connect with yourself.

Spend a few minutes focusing on your breath. Place your Gua Sha flat on the third eye in between your eyebrows and the centre of your forehead and hold for a few seconds.

## Prepare the skin

To begin, let's prep the skin. As with any beauty ritual, the first step is to thoroughly cleanse the skin.

Combining your Gua Sha ritual with the Inlight oil-based products (check out shop for products) will ensure a smooth glide whilst helping to deeply absorb the organic nutrients of your chosen product.



## Tips on how to use your Gua Sha

- To begin, apply your favourite beauty balm or face oil. The 2 brands I love and recommend are **Evolve** and **Inlight Beauty**
- Hold your stone as flat as possible or at a 15-degree angle.
- Always support the skin, with the other hand. This will avoid any tugging of the skin and will give you more control.
- For best results practise 3 times a week. This will aid product absorption and leave your skin looking radiant.
- Always begin on the back of the neck to release tension and open up lymphatic pathways



**CAUTION** - Avoid using the gua sha on any open wounds.

Note: You can use Gua Sha on acneic skin, however it should be avoided over broken skin or active pustules.

Tip: place the tool in cold water for a few minutes then hold flat over the breakout, this will help calm inflammation.

## How to cleanse your Gua Sha tool?

**01:** After each use, wash your Gua Sha with hot soapy water to remove any traces of oil.



**04:** Once a month leave your Gua Sha on a windowsill, in natural light, from dusk till dawn.

It will get a beneficial charging dose of both sunlight and moonlight.



**02:** Once every 2 weeks, soak your Gua Sha in a bowl of warm water and add one of the following essential oils.

**03:** Tea tree, Lemongrass or Eucalyptus. These essential oils are great to cleanse your crystals of any negative energy. Click [here](#) to purchase.

