

HOW TO

gua sha

dermalogica®

WHAT IS GUA SHA?

Gua Sha is a healing technique using a massage tool to boost circulation and lymphatic drainage for a brighter, firmer complexion.



PHYTO-NATURE FIRMING SERUM

2-in-1 lifting, firming serum works instantly and over time to reawaken the nature of younger-looking skin.



HOW TO USE

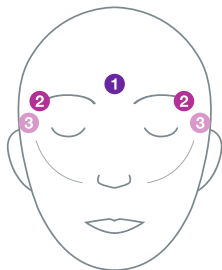
1. Apply Phyto-Nature Firming Serum
2. Using light to medium pressure, sweep the stone across facial contours to energize skin
3. Apply medium pressure to acupressure points with fingers or stone tip to relieve facial tension, reduce puffiness and tone tissues. Locate the indentations in the facial bones and hold each point for one breath
4. Hand wash the stone in warm water after use

FIRMING ACUPRESSURE DIY

relieve tension and headaches

Place the stone tip on these forehead points. Repeat 3 times.

1. Center of forehead between eyebrows
2. Under upper orbital bone at the end of the brow
3. Temple points

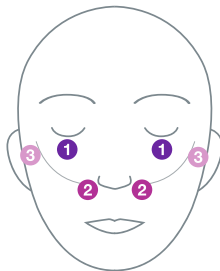


REVITALIZING ACUPRESSURE DIY

ease sinus pressure and
reduce puffiness

Place the stone tip on these points. Repeat 3 times.

1. Lower orbital bone directly below pupil
2. In line with nostril on inner cheek bone
3. In front of ear lobes between the jawbone and the cheekbone



LIFTING ACUPRESSURE DIY

release jaw tension and
tone lower face

Place the stone tip on these points. Repeat 3 times.

1. Corner of the mouth
2. Cheek projection immediately below the outer corner of the eye
3. In-line with the corner of the eye on the angle of the lower jaw

