



## WHITE JADE GUA SHA STONE USAGE

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After warming up one pump of Herbal Alchemy Gua Sha Oil between your fingertips, apply to your face, distributing evenly.



Take the Gua Sha Stone and hold it at a 15-to-30 degree angle against your skin.



Start from the center of your face and use gentle, upward strokes with the curved edges of the stone. Apply light pressure as you glide the stone outward, covering one area at a time.



Follow the natural contours of your face, moving along the jawline, cheekbones, and forehead. You can repeat each stroke 3-5 times for maximum benefit.



**FOR ACUPRESSURE POINTS**, use the rounded edge of the stone to apply gentle pressure and hold for a few seconds. Focus on areas like the brow bone, temples, and sides of the nose.

Remember to maintain a fluid and relaxed motion throughout the process, ensuring that the stone is always in contact with your skin.

Take your time and enjoy the self-care ritual, paying attention to any areas of tension or tightness and spending extra time massaging those areas.

Once you have covered all desired areas, gently clean the stone with a soft cloth or rinse it with warm water.

Follow with Flower Essence Kombucha Toner.

By following these steps, you can effectively apply the White Jade Gua Sha Stone to your face, enhancing the spa-like experience with the Herbal Alchemy Gua Sha Oil.