

HOW TO USE MUSHROOM (GUA SHA) TOOL FOR LYMPHATIC DRAINAGE

USE LIGHT PRESSURE & GENTLY STROKE 3-9 TIMES:

- Push up from between your eye brows to your hairline
- From the center of your forehead, sweep across & down to the ears
- Stroke under eyes to the ears
- From inside corner of eyes, down the length of nose to the ears
- Under the nose to the ears
- From nostrils around the mouth down to the center of the chin
- From the center of the chin up to the ears
- Down sides of the neck to collarbone
- From the collarbone to the armpit

