

Gua Sha

The PMD Gua Sha, inspired by Ancient Chinese culture, is the perfect tool to massage, sculpt, and depuff the face and body, as well as relax the mind. Made with highest quality rose quartz stone, the Gua Sha has 6 unique edges, curves and points designed to effectively target each area of the face. It offers multiple benefits from promoting lymphatic drainage to reducing puffiness and even diminishing the appearance of fine lines and wrinkles. It's great for relaxing tight muscles for those who have tension in the jaw, between the eyebrows or on the temples. It can also make the facial features look more defined. The silicone grip makes it easy to hold the Gua Sha, so it won't fall out of your hand.



Benefits

- ✓ Promotes lymphatic drainage
- ✓ Increases blood circulation
- ✓ Relieves tension from muscles
- ✓ Reduces the appearance of fine lines & wrinkles



How to Use



1: Apply your skincare products. For best results, pair with a face oil or serum to help the tool glide across the skin.



2: Holding the skin slightly taut, glide the Gua Sha on the skin in upward motion. Use the long, straight edge on the forehead and neck. Use the curve on the eyebrows, cheek bones and jaw. Use the long, curved edge on the cheeks. Use the big edge on crow's feet and under eyes. Use the small point between eyebrows, on the temples and on the nasal area.



3: Rinse the Gua Sha with soap and water.