

Gua Sha treatment



Go to PSC Tik Tok
Tutorials

Ebook

- Why skin ages
- Face exercises
- Skin tips
- Demo and more



Gua sha is an ancient Chinese alternative therapy that involves scraping your skin with a massage tool to help improve circulation. this healing technique can address stagnant energy, called chi, in the Face. Rubbing the skin's surface is thought to help break up this energy, reduce inflammation, and promote healing.

Gua sha relaxes tension in the fascia and muscles. It is applied to the superficial lymphatic layer at skin level but also contacts deeper layers of fascia and muscles.

Benefits of Gua Sha:

- Boosts circulation, promoting a healthy glow.
- Reduces puffiness and inflammation.
- Improves lymphatic drainage, helping the body remove toxins.
- Eases muscle tension and relaxes facial muscles.
- Enhances the absorption of skincare products.

Learn on Fascia



Tik Tok tutorials

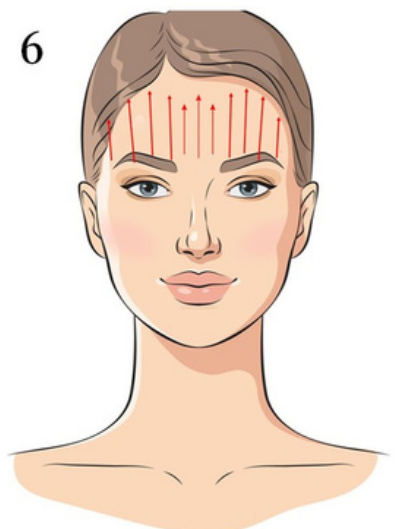
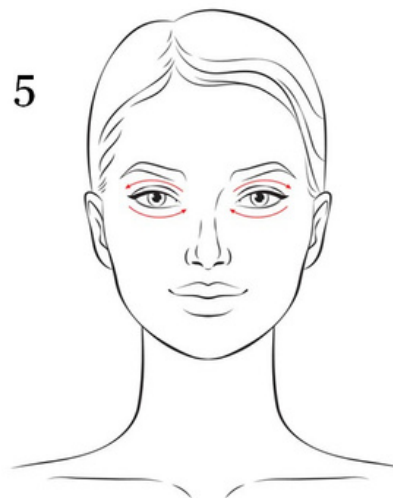
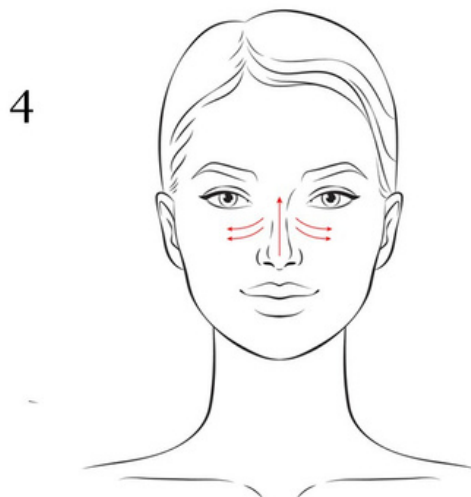
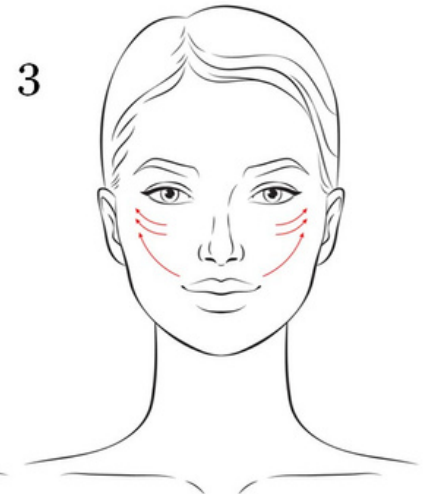
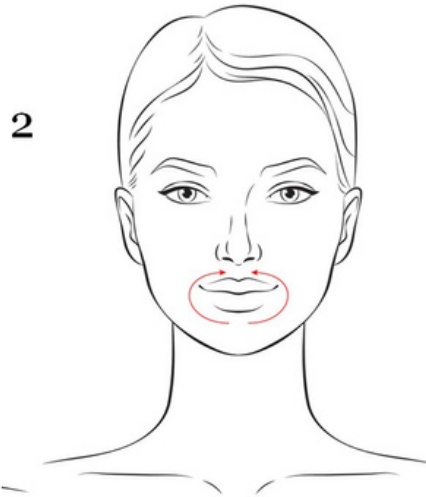
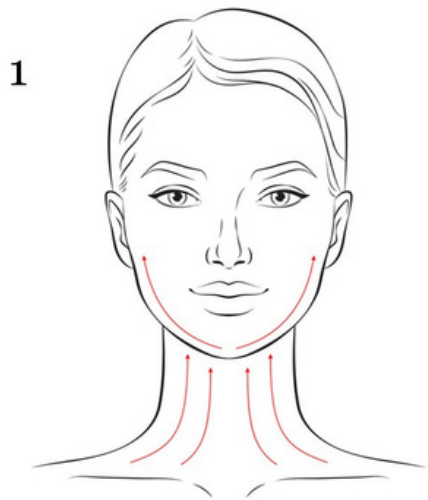
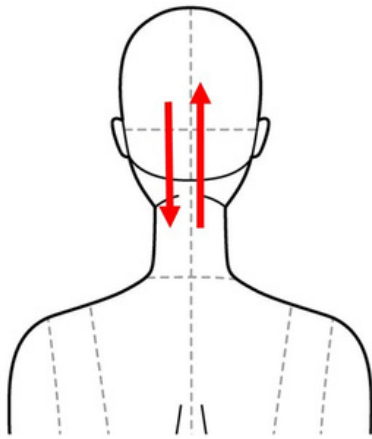


Go to videos for demos on face exercises: These are Lorena's favorites.

<https://personalizedskincareresolution.com/exercisesfacelifting/>

Watch video on FASCIA 7 minutes

1. Prep: massage below Back Neck & collar bone
2. Apply your nightly routine
3. Apply Oil (skin products)
4. Proceed with Steps 1-6
5-10 times per area



Daily Regimen

Morning:

1. **Cleanse B-5 Wash of Facial Shampoo**
2. **Mandelic Acid**
3. **Stem Cell C (wait 1 minute) all over**
4. **Eye Cream**
5. **Restore (or calming cream)**
6. **Tinted Sunscreen**



Evening

1. **Cleanser b-5 wash**
2. **Volcanic Scrub (Start 3 times a week)**
3. **Stem Cell C- (allow a minute)**
4. **Eye Cream- (yes, before the Vita Lotion)**
5. **Mandelic 15% / Retinol (avoid sensitive areas) wait 1 min.**
6. **Restore Sleeping Mask**

Note: Start Retinol every other day for 1 month



Exercises



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