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Notes:

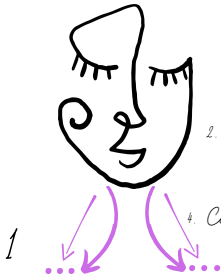
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HOLISTIC SPA  
ALLIANCE

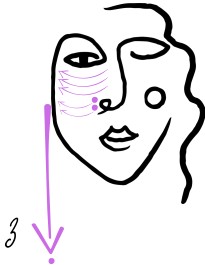
# qua sha guide



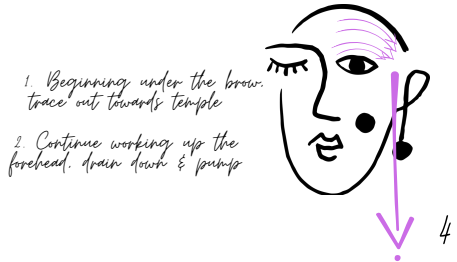
1. Start on the right side
2. Gently trace down the neck
3. At the collar bone, stop and pump
4. Cover entire right side of neck
5. Repeat on left side



1. Beginning under chin, swipe out towards ear & pump
2. Continue working up the face, just under nose, pump & drain down



1. Beginning beside the nose, pump, swipe out towards ear & pump
2. Continue working up the face, to just under eye, drain down & pump



1. Beginning under the brow, trace out towards temple
2. Continue working up the forehead, drain down & pump

• = pump  
→ = trace in direction



Pro Tips  
1. Work from center of face, out  
2. From neck to top of face  
3. Begin on right side followed by left  
Enjoy!