

# MERIDIAN GUA SHA TECHNIQUES

Gua Sha Facial Resculpting using Le Mieux Meridian Points helps sculpt facial contours, improve microcirculation, release muscle tension, and create a visibly firmer, lifted look.

## 1. Scalp

Work along scalp Meridian lines from hairline to occiput, pressing and releasing with thumbs or fingertips.



## 2. Chest

Hand over hand on sternum, gently pump toward feet 3x. Work vertically from clavicle down chest moving outward. Work horizontally from sternum to underarm, up pectorals.



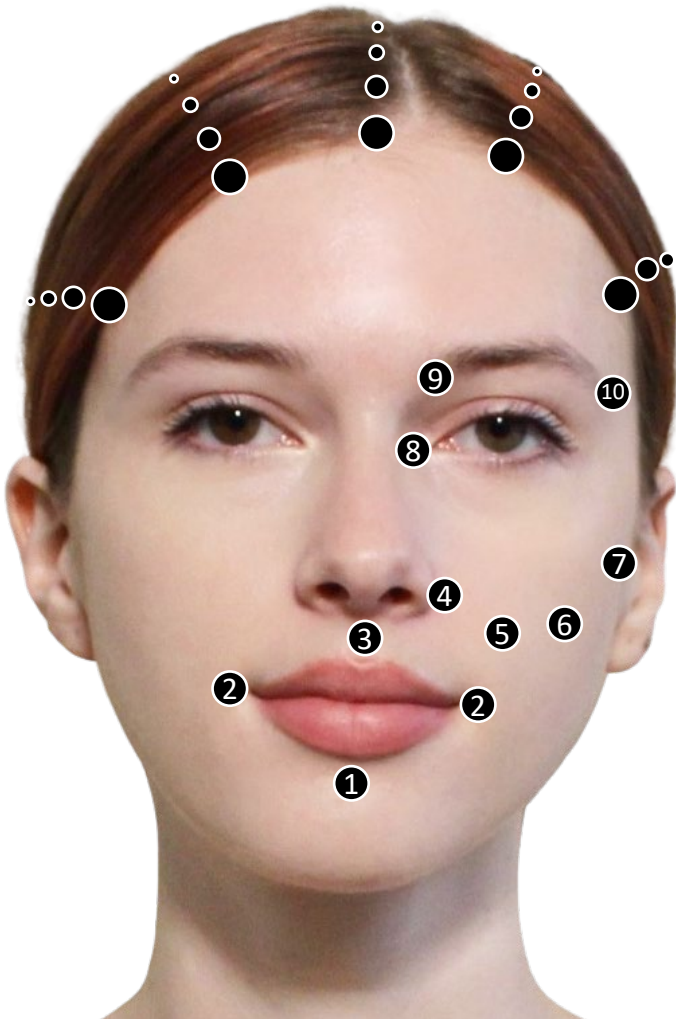
## 3. Neck (front)

Work down sternocleidomastoid to center of clavicle. Glide outward along clavicle.



## 4. Neck (back)

Work trapezius from behind ear to shoulder. Work neck from occipital ridge to scapula.



## Meridian Points

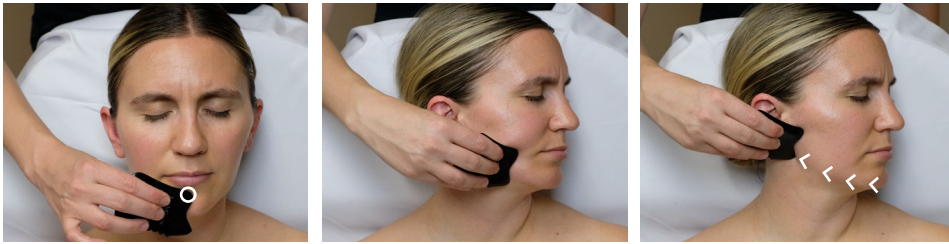
These sites are connected along channels called Meridian Lines. Meridian Points should be stimulated as you work along Meridian Lines.

## Meridian Lines

These “energy freeways” connect systems, vital organs, and tissues from head to toe.

# MERIDIAN GUA SHA TECHNIQUE

Stimulate Meridian Points with slight pressure, followed by a gentle gliding motion along Meridian Lines. Use your Gua Sha tool at a 45-degree angle, working laterally in an outward motion from the midline.



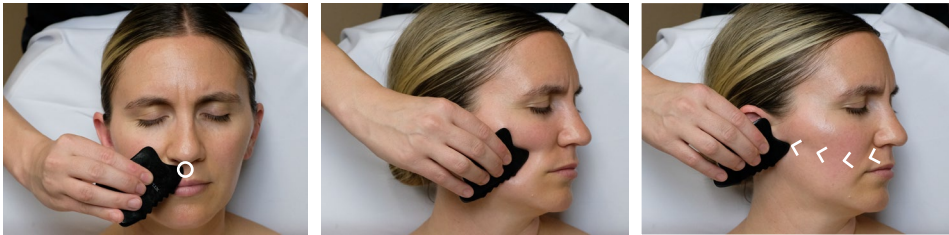
## Point 1: Chin

Press **Point 1** under bottom lip.  
Work along jawbone toward outer jaw.



## Point 2: Lip

Press **Point 2** on the side of lips.  
Work under cheek bone toward lower ear.



## Point 3: Upper Lip

Press **Point 3** above lips.  
Work under zygomatic toward lower ear.



## Points 4,5,6,7: Cheek

Work along cheek bone from **Point 4** at nostril, to **Point 5** under pupil, to **Point 6** under outer eye lid, to **point 7** on TMJ.



## Point 8: Under Eye

Press **Point 8** at inner eyelid.  
Work along lower orbital toward temple.



## Points 8,9,10: Brow

Press **Point 8** at inner eyelid. Glide along inner brow to **Point 9** at start of brow, follow along outer brow to **Point 10** on tail of brow.



## Forehead

Work horizontally from brow to hairline.  
Work vertically from brow to hairline.