

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.



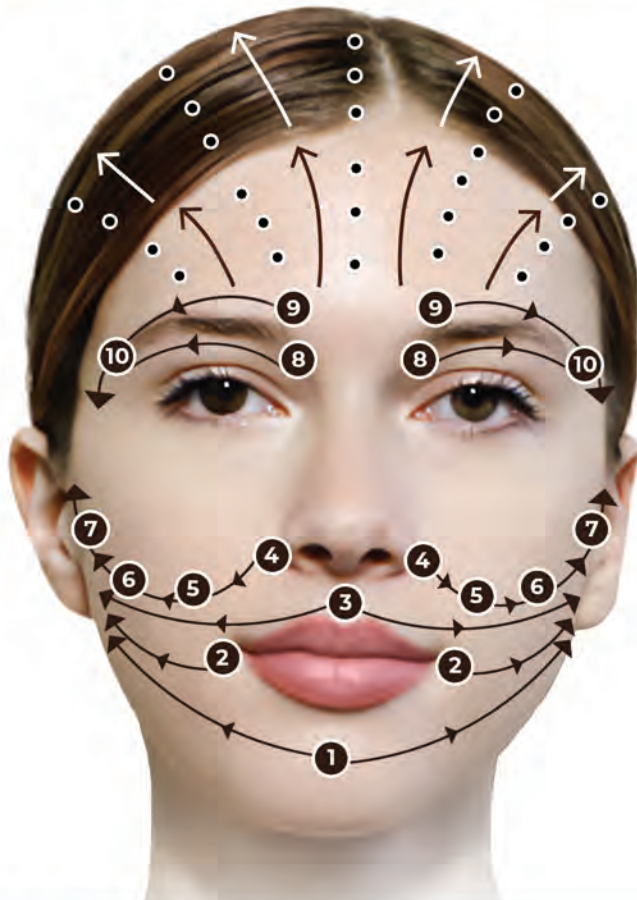
3. Neck (front)

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 Techniques (continued)

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.



Point 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, 10: Lower Brow

Press **Point 8** at the bottom of inner eye brow, follow along bottom of eye brow to **Point 10** on tail of brow.



Point 9, 10: Upper Brow

Press **Point 9** at the top of inner eye brow, follow along outer brow to **Point 10** on tail of brow.



Forehead

Perform upward strokes from brow toward the hairline.