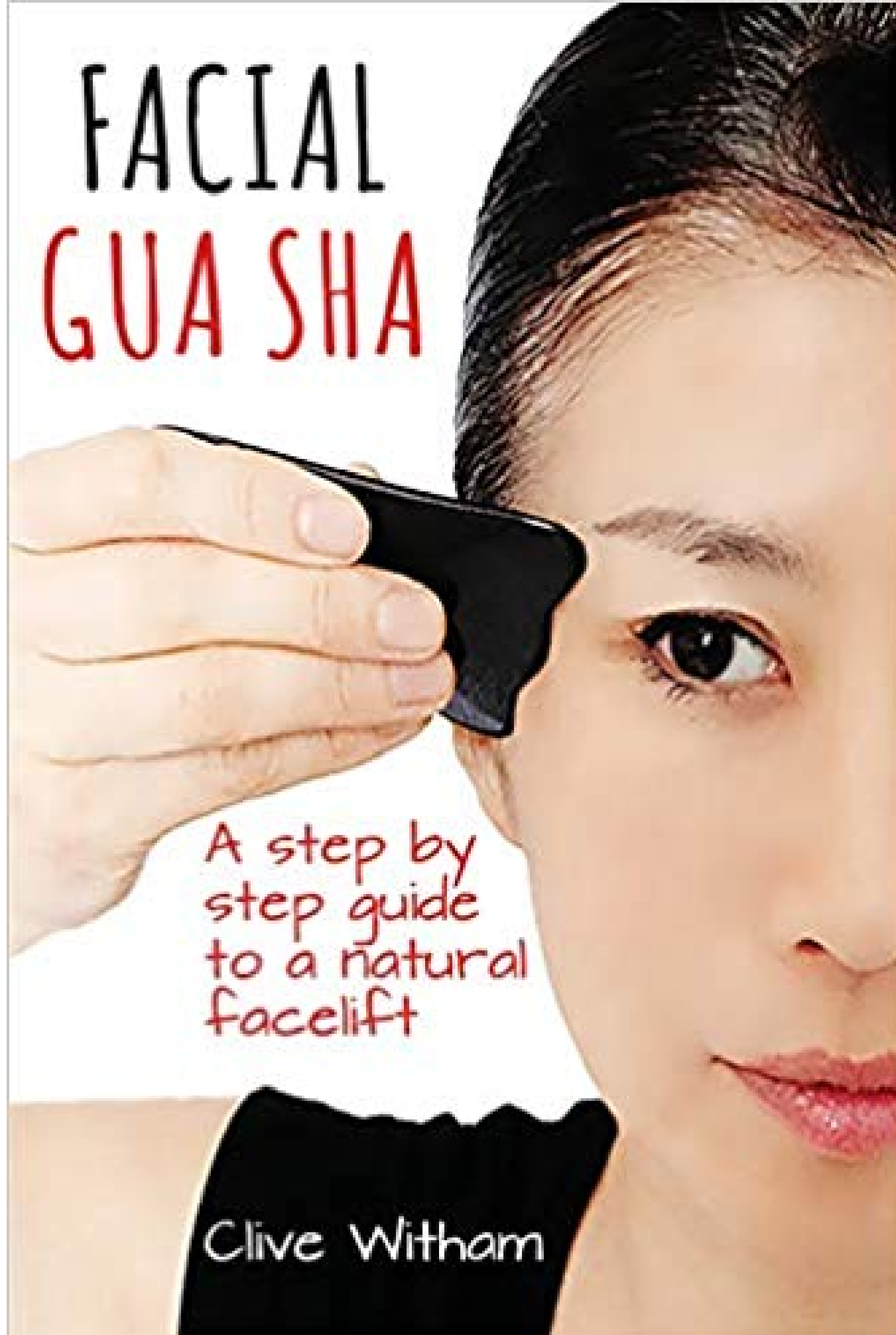


FACIAL GUA SHA

A step by
step guide
to a natural
facelift

Clive Witham



Clive Witham

Facial Gua Sha: A Step-by-step Guide to a Natural Facelift



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Facial Gua sha Along with his holistic method of beauty, now you can unlock your potential and look and feel the very best you can, both inside and outside. It requires light scraping techniques on your skin to help improve and rejuvenate your With over 100 color illustrations, he comprehensively shows you which muscles, stations and points get excited about each case and how to total five Gua sha sequences on your own face, head, body, legs and arms to optimize all of your face and neck area. Clive Witham, author of 's ft, creases and other signals of aging.Gua Sha: A Complete Self-Treatment Guide', goes through how your body can influence that person and ways to activate the vitality of your skin layer and muscle tone through historic Oriental suggestions of health and wellbeing.face and help combat and stop wrinkles, eye luggage, crow' is a simple and effective anti-aging beauty technique from the Far-East aimed at enhancing the appearance and feel of your face totally naturally.



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Fantastic book! Clive explains everything so well that it is easy to understand.. Clear pictures to follow. Totally recommend the book! Up to now I'm impressed and would recommend. I've viewed additional books and .. So much detail is included to explain the meridians and how they function in the body. Up to now I'm impressed and would recommend. I've viewed a few other books and I am taking pleasure in practicing the technique. In the end, who doesn't need to look younger? Simple and hard to comprehend. Confusing protocols. It seems like there was a translation problem or the author's 1st language had not been English. Easy to Understand, good information Clive has done it again with a reserve on gua sha that's possible for a lay person to understand but beneficial for the professional acupuncturist at the same time. Very very basic and very difficult to comprehend. Don't waste your cash. I am looking forward to using these facial protocols on my customers and myself. Don't buy this one!



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