**Glow Gua Sha Facial**

Commence with a cleanse, exfoliate, compress and facial oil, Gua Sha massage, mask, spritzer, serum eye cream and moisturise.

The Gua Sha therapy dates back to ancient Asia and I use flat smooth New Zealand jade and quartz crystals that are stroked over the skin inducing calm and relaxation as well as skin benefits that increase the circulation, aids lymphatic flow, relaxes muscle tension, softens the skin, reduces dark eyes and puffy eyes, brightens the complexion and reduces discolouration.

Not suited for fragile skin, raised moles or skin tags, any infection to the face, recent injectables or fillers.