

LYMPH LOVE CHECKLIST

DATE: _____

DAILY WELLNESS

- ☐ DRINK 8 GLASSES WATER
- ☐ 10 MIN GENTLE MOVEMENT
- ☐ 5 MIN DEEP BREATHING
- ☐ 3+ SERVINGS FRESH FRUITS + VEGGIES
- ☐ LIMIT SCREEN TIME
- ☐
- ☐

FACE GUA SHA

- ☐ OIL FACE FOR SLIP
- ☐ LIGHT PRESSURE
- ☐ USE ALONG NECK, JAW, AND FACE
- ☐ AVOID BROKEN SKIN
- ☐ BREATHE!
- ☐
- ☐

OTHER

- ☐
- ☐
- ☐

BODY GUA SHA

- ☐ MOISTOURIZE/OIL
- ☐ TRY DIFFERENT ANGLES
- ☐ STROKE TOWARD LYMPH NODES
- ☐
- ☐

CUPPING

- ☐ USE OIL FIRST
- ☐ CAN USE IN SHOWER
- ☐ SQUEEZE FIRST, THEN SET ON SKIN
- ☐ GLIDE ALONG SKIN
- ☐ SQUEEZE TO RELEASE
- ☐
- ☐
- ☐

DRY BRUSH

- ☐ USE BEFORE SHOWER
- ☐ LIGHT STROKES AND CIRCLES
- ☐ SOFTEN BRISTLES IN OIL IF NEEDED
- ☐

ROLLER

- ☐ USE ON BACK AND NECK
- ☐ LIGHT PRESSURE
- ☐ STORE IN FRIDGE FOR COOLING EXPERIENCE
- ☐
- ☐
- ☐

IMPORTANT

- ☐ LOVE YOURSELF ❤️
- ☐
- ☐
- ☐
- ☐