



About the Large Wooden Gua Sha for the Body

Our wooden body gua sha tool offers so many health benefits!

By using it gently and towards the heart, **you stimulate the lymphatic system**, which we've talked about at length.

You can also use much stronger pressure for **deep tissue massage and knot relief** also due to its strong wooden construction. The smooth, rounded edges of the tool allow you to apply strong pressure, which works to release tightness and knots.

Over time, regular use can even help reduce the appearance of cellulite by **breaking up fascia**, the connective tissue beneath the skin.

The natural wood is double-treated for smoothness to be gentle and non-irritating, so it can support every skin type.

Using the Large Gua Sha



Begin by applying a light layer of an oil, such as coconut oil, to the skin to ensure smooth movement of the tool. **Hold the gua sha tool at a 15-degree angle to the skin so it glides easily**

Start at the neck, using gentle, upward strokes towards the jawline to stimulate lymphatic flow. Move to the shoulders and chest, guiding the tool towards the heart with long, sweeping motions. This helps to direct the lymphatic fluid towards the major lymph nodes for effective drainage.

Next, focus on the arms and legs. Use long, upward strokes from the hands to the shoulders and from the feet to the thighs, always moving towards the heart. Pay special attention to areas with lymph nodes, such as the inner elbows and behind the knees, using gentle, circular motions to stimulate these points.

Be consistent but gentle to avoid bruising or irritation.

Remember to stay hydrated to help flush out toxins, and clean the gua sha tool thoroughly after each use to maintain hygiene.



Remember this tool is designed with different curves to match different parts of your body. Turn and angle it as needed!

Using the Large Gua Sha



The large wooden gua sha feels amazing everywhere!



Pure Wood



Burns Fat



Anti-Ageing



Polished Finish



About the Small Jade Gua Sha for Face

HELP REDUCE SINUS PRESSURE

REDUCES PUFFINESS

RELIEVES TENSION IN FACE

REDUCES INFLAMMATION

REDUCES LYMPHATIC-BASED ACNE

Using a jade gua sha scraping tool can be a game-changer for your face health.

It helps improve blood circulation, giving you a **natural glow**. This increased circulation can also aid in **reducing acne** by helping to clear out toxins, stagnant lymph, and inflammation.

As you gently scrape, the tool encourages lymphatic drainage, which **reduces puffiness and helps tighten your skin**, making it look firmer and more toned over time. Regular use can also help to **smooth out fine lines and wrinkles**, as the massaging motion stimulates collagen production. Plus, the coolness of jade has a soothing effect, **reducing redness and irritation**.

A decorative illustration in the top left corner featuring a large green heart-shaped object, possibly a gua sha tool, surrounded by delicate pink and orange flowers and green leaves on thin stems.

Using the Small Jade Gua Sha



Apply an oil to the face and neck. Hold the gua sha tool with the curved side to your face and glide it gently up and out, starting with the neck, jawline, chin, and around the mouth, between 3 and 5 times per area.

Move to the cheek area, under eyes, eyebrows and on forehead in the direction shown on the diagram.



Using the Jade Gua Sha for Acne

Clogged lymph can cause acne by trapping toxins and waste under the skin, leading to inflammation and breakouts. Poor lymphatic drainage hinders the removal of these impurities, which can result in congested pores and acne. Effective lymph flow is essential for clear, healthy skin.

We have found using the jade gua sha and the silicone cup can greatly improve stubborn acne, especially acne around lymph nodes near the neck and along the jawline. This is actually the reason we got into lymphatic massage!





The small silicone facial cup is an excellent tool for facial cupping, a gentle massage technique that offers numerous skin benefits.

By creating a light suction on your skin, these cups increase blood circulation and **stimulate collagen production**, pulling the skin lightly up and out versus scraping, like the gua sha. This helps improve skin elasticity and reduce the appearance of fine lines and wrinkles.

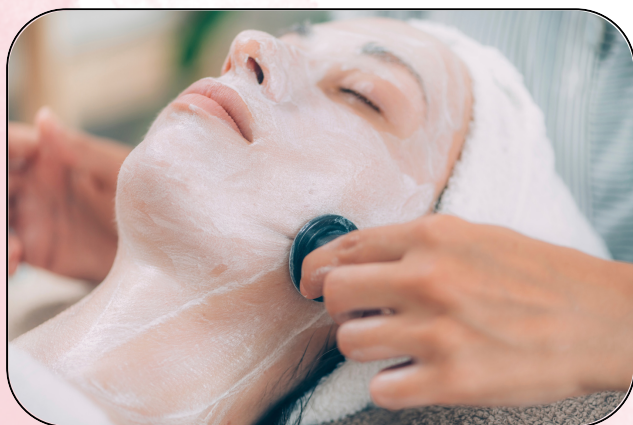
This process also encourages **lymphatic drainage**, helping to reduce puffiness and swelling, especially around the eyes. Facial cupping can even help to **clear out toxins, lessen acne, and improve the absorption of skincare products**, making your routine more effective.





The gentle suction also **helps to relax facial muscles**, which can relieve tension and leave your skin looking more refreshed and radiant, reducing wrinkles too!

Using silicone cups is easy, and **since they're soft, they glide smoothly over your skin without causing discomfort**. It's a simple, relaxing way to boost your skin's health and glow.





Using a small silicone facial cup is simple and effective!

- Start with clean skin and apply a generous amount of facial oil or serum to help the cup glide smoothly. (You can also do it in the shower!)
- **Gently squeeze the cup to create a slight suction and place it on your skin.** Begin with light, upward strokes, starting from your chin and moving towards your cheeks, then glide from the center of your forehead outwards. For delicate areas like around the eyes, use very light pressure.
- Always move the cup in an upward and outward direction to encourage lifting. Use it for about 5-10 minutes, 2-3 times a week.

You will use the same patterns as with the jade gua sha scraper you learned earlier!



Using the Silicone Facial Cup



Remember this tool is designed to be small and gentle for your face, but you can absolutely use it on the rest of your body. It is amazing on the neck and chest, and it feels especially relaxing on the stomach! See our YouTube tutorial playlist for more.





Massage Oils

Oils can make your lymphatic massage more comfortable as well as enhance its health benefits. Choose essential oils like peppermint, lemon, or juniper berry, and dilute a few drops in a carrier or “base” oil such as jojoba or almond oil. Warm the mixture between your hands and use light, rhythmic strokes towards the heart to encourage lymph flow.

It is also important to use oils to help the tools slide easily and pain-free over your skin.

Stay hydrated before and after the massage to aid toxin elimination. Regular sessions can boost the immune system, reduce swelling, and promote relaxation.



base oils

- COCONUT OIL
- JOJOBA OIL
- ALMOND OIL
- AVOCADO OIL
- OLIVE OIL

Massage Oils

A “base oil” is the main oil you will mix essential oils into. This helps dilute the essential oil and prevent skin irritation. You can always use the base oils on their own too!





Massage Oils

*Here are some
incredible esesntial oils
to help you get started!
Find them on Amazon
or at your local health
food or vitality stores.*

essential oils

- MARJORAM
- CHAMOMILE
- PEPPERMINT
- JUNIPER
- GINGER
- MYRRH
- ROSEMARY
- HELICHRYSUM
- GERANIUM
- LAVENDER
- FRANKINCENSE
- EUCALYPTUS
- JASMINE
- PINE
- BASIL
- JUNIPER
- LEMON
- CLARY SAGE
- BERGAMOT
- YLANG YLANG
- LAVENDER
- SANDLEWOOD
- VALERIAN
- CINNAMON
- ROSE
- VANILLA



Oil Blends

Muscle Relaxation

4 drops Marjoram oil
4 drops Chamomile oil
2 drops Peppermint
oil

Ease Pain

5 drops Juniper oil
3 drops Ginger oil

Muscle Soreness

2 drops Myrrh oil
4 drops Rosemary oil
2 drops Helichrysum oil

Stress Relief

3 drops Lavender oil
2 drops Valerian oil
2 drops Sandalwood oil

Clarity

3 drops Lavender oil
2 drops Frankincense oil
2 drops Cinnamon oil

Deep Breathing

3 drops Frenkincense oil
4 drops Eucalyptus

Mind clearing

3 drops Basil oil
4 drops Juniper oil
3 drops Lemon oil

Please use a base oil with all of these recipes!



Extra Resources

This e-book is only meant to be a brief introduction into the wide world that is lymphatic drainage and massage!

- If you'd like to learn more, go to our **YouTube channel** at <https://www.youtube.com/@AbundantlyMade> to see our playlists we have curated from amazing people from around the globe using lymphatic drainage tools.
- You can also find **many books available on Amazon and Kindle** that go into far deeper detail on lymphatic massage, drainage, and the lymphatic system overall.
- Finally, look up **lymphatic massage therapists** in your area -- it is an incredible way to have your health supported by a professional!

That's it 😊

Thank you! It was our pleasure to create this lymphatic drainage kit for you after we personally found relief from health complaints in our own lives by focusing on lymphatic drainage.

If you have any questions or concerns, please feel free to reach out, we would love to hear from you. **We are real people (we'll even send you cat memes if you ask!) and we want to make sure everything is perfect with your kit.**

As always, please consult your doctor if you have health concerns. Our kit is meant to support professional healthcare and to assist you in living your most healthy and abundant life.

Thank you again! We hope you love it!

*Sincerely,
Hannah Rose from Abundantly Made™*





I promise

**IF YOU KEEP SEARCHING FOR EVERYTHING
BEAUTIFUL IN THIS WORLD, YOU WILL
EVENTUALLY BECOME IT.”**

tyler clark kent