

Body Gua Sha is an ancient healing technique that involves scraping a smooth, flat tool over the skin to stimulate circulation, release tension, and promote relaxation. Often used to alleviate muscle pain, improve flexibility, and boost overall vitality, this treatment encourages the flow of energy (or "qi") while helping to flush out toxins. Whether you're recovering from a workout or seeking relief from stress, body gua sha offers a natural and holistic approach to wellness.

## BENEFITS

- Lymphatic drainage
- Breaks up stagnation, loosens adhesions, and detoxes the body
- Cellulite reduction and body contouring
- Open blocked Qi energy channels
- Improve general relaxation and sleep
- Reduce pain and inflammation
- Increase blood flow to muscles, tissues, and joints
- Release muscle tension, stiffness, cramps/spasms
- Decrease anxiety and regulate the stress response

## SAMPLE MENU DESCRIPTION:

Unwind and rejuvenate with a soothing treatment designed to promote relaxation, relieve tension, and enhance circulation. The Gua Sha tool will glide over your body, focusing on key areas of tension and stagnation helping to release deep-seated tightness, reduce muscle soreness, and improve lymphatic flow. Perfect for those seeking relief from stress, muscle tension, or simply wanting a moment of calm.

## THIS TREATMENT OFFERS

- Cost-effective treatment with a low cost per service
- No need for expensive machines
- Easy to use with immediate and cumulative benefits

## PROFESSIONAL PRODUCTS NEEDED

- Bellabaci Genie Professional Wellness Balm of choice
- Bellabaci Body Gua Sha
- Bellabaci Rose Quartz Face Gua Sha

## HOMECARE PRODUCT RECOMMENDATIONS

- Bellabaci Cups for home use
  - Body Cups (1 soft & 1 hard Body Cup)
  - Super Cups (2 medium or soft Super Cups)
  - Facial Cups (1 soft & 1 hard Facial Cup)
  - Bambino Cups (1 soft & 1 hard Bambino Cup)
- Recommended Bellabaci Genie
- Bellabaci Body 3 Step Ritual
- Bellabaci Copper Exfoliation Mitt
- Bellabaci Super Smooth Polish
- Bellabaci Squeaky Clean Cleanser
- Bellabaci Genie Crème of choice

## CONTRAINDICATED FOR INDIVIDUALS WITH:

- Severe diseases
- Bleeding disorders or those taking blood thinners
- Serious communicable diseases
- Frail elderly persons
- Chronic cortisone users
- Broken bones (avoid the area)
- Dislocations (avoid the area)
- Hernias (avoid the area)
- Slipped discs (avoid the area)
- Recent surgical incisions (avoid the area)
- Varicose veins (avoid the area)
- Open wounds or scratches (avoid the area)

## AVOID SCRAPING OVER:

- Moles
- Pimples
- Skin irregularities
- Avoid performing Gua Sha on affected areas during:
  - Acute stages of Psoriasis, Eczema, or Rosacea
  - Outbreaks of Urticaria (Hives), Herpes, or Shingles
- Contraindicated during pregnancy on the lower back and abdominal areas

## PROTOCOL

**TREATMENT ROOM PREPARATION**

Set the ambiance of treatment by utilizing lighting, diffusers, and music. Ensure that your treatment room is warm and comfortable. The treatment room should be set up before the guest's arrival. Ensure all supplies are available, namely your Bellabaci Gua Sha Body Face and Body Tools, linens, and towels for warmth. Prepare the treatment table by utilizing linens and towels for warmth and properly draping your table. Assist your guest to the treatment room and onto the table, lying face down.

**BALM APPLICATION**

Apply Bellabaci professional wellness balm into your hands to start the treatment on the back, followed by the arms, back of the legs, front of the legs, and optionally the stomach. The amount will vary depending on the size of the area treated.

**Step 1 - Hand effleurage**

Apply 4g of the Bellabaci Professional Wellness Massage Balm liberally to the back. Perform full-back effleurage using hands only, repeat x3.

**Step 2- Kneading**

Stand on the side of the bed. Knead with your hands on the left side of the body, starting at the gluteus muscles and working up into the neck and back to the starting point. Repeat x3. Repeat on the right side.

**Step 3 - Gua Sha Effleurage**

Hold the Gua Sha with the longer or shorter side against the back, depending on your comfort level. Position the rounded, pointy edge toward the side of the body. Glide the tool gently down from the neck to the lower back, moving away from the midline. Then, pull the tool back towards the neck in a smooth, controlled motion. Use the hand not holding the Gua Sha to follow the movement and apply pressure on the client based on their preference. Repeat x3.

**Step 4 - Spinal Strokes**

Use the shorter side of the Gua Sha, with the rounded edge facing down. Gently glide it along the area next to the left side of the spine, applying long, smooth strokes down toward the lower back. Follow the movement with your hand for a soothing, continuous motion. Repeat x3 and perform on the right.

**Step 5 - Flat Draining**

Use the flat side and start at the spine and gently scrape down toward the side, following the natural shape of the client's body. Stand at the side of the table/bed. Avoid bony areas or reduce pressure.

**Step 6 - Textured Draining**

Use the textured side to start at your spine and scrape out toward the sides of the body, encouraging the flow of energy outward. Avoid bony areas or reduce pressure.

**Step 7 - Lower Back Scrape**

Begin at the lower spine, using the long flat edge of the Gua Sha tool to scrape gently upwards toward the ribs. Apply moderate pressure to work through any muscle tension in the lower back area.

**Upper Body (Back, Shoulders)****Step 8 - Scapula rotaries**

Perform rotaries using the small round part of the Gua Sha around the scapula, followed by a draining movement.

**Step 9 - Neck Slide**

Start at the base of the neck, using the curved side of the Gua Sha tool to scrape upwards into the neck or base of the skull. Apply light to moderate pressure.

**Step 10 - Shoulder Slide**

Move from side to side, scraping down from the neck along the trapezius muscles to the tops of your shoulders. Repeat 5-7 times.

**Step 11 - Upper Arm Scraping**

Start at the elbow and scrape upwards to the shoulder. Use the long edge of the tool for firm pressure, particularly if you have tight areas in the upper arm or triceps.

**Step 12 - Upper Arm Circles**

Use the flat, rounded side of the Gua Sha. Perform small, circular movements starting from your elbow and moving upwards toward your shoulder.

**Step 13 - Hand Effleurage**

Perform full-back effleurage using hands only, repeat X3.

**BACK OF THE LEG GUA SHA APPLICATION****Step 1 - Hand effleurage**

Apply the Bellabaci Professional Wellness Massage Balm liberally to the leg. Perform full-leg effleurage using hands only, repeat X3.

**Step 2- Kneading**

Stand next to the bed. Use your hands to knead the left leg, starting at the ankle. Work your way up to the glutes, then back down to the ankle. Repeat this x3.

**Step 3 - Hamstring Draining**

Use the long flat edge and begin scraping from the knee upwards to the hip. Apply medium pressure and move slowly. Use long strokes for a soothing effect, focusing on tight spots around the outer thighs and quads, and following with your other hand. Be gentle with the inner thigh area, using the shorter or longer side of the Gua Sha tool. Scrape gently from the knee towards the groin. You can divide the leg into three areas.

**Step 4 - Circles**

Use the round, flat circular edge of the Gua Sha to make circles, starting from your knees and working your way up to cover the entire upper leg. You can divide the leg into three areas.

**Step 5 - Scraping**

Use the smooth side of the Gua Sha on the inner thigh and the textured side on the outer thigh, depending on the client's sensitivity or muscle tension. Make short strokes from the center of the leg, moving down toward the outer side of the upper thigh.

**Step 6 - Hamstring Scraping**

Use the long textured edge and begin scraping from the knee upwards to the hip. Apply medium pressure and move slowly. Use long strokes for a soothing effect, focusing on tight spots around the outer thighs, ITB, and hamstrings, and following with your other hand.

**Step 7 - Connecting Hand effleurage**

Perform leg effleurage using hands only, starting on the thighs and ending on the lower leg.

**Step 8 - Calf Draining**

Start at the ankles, scraping upwards toward the knees with the short curved edge. Apply gentle pressure and use long strokes, especially if there is tension or soreness in the calf muscles, taking care and reducing pressure as needed on bony areas.

**Step 9 - Circles**

Use the round, flat circular edge of the Gua Sha to make circles, starting from your ankle and working your way up to your knee, dividing the calf into two areas. Cover the entire calf.

**Step 10 - Thumb Rotaries**

Use your thumbs and perform rotaries from the ankle upwards to the knee, following the midline.

**Step 11 - Calf Draining**

Start at the ankles, scraping upwards toward the knees with the short curved edge. Apply gentle pressure and use long strokes, especially if there is tension or soreness in the calf muscles, taking care and reducing pressure as needed on bony areas.

**Step 12 - Hand effleurage**

Perform full-leg effleurage using hands only, repeat x3. \*Repeat on the left leg

**FRONT OF THE LEG GUA SHA APPLICATION****Step 1 - Hand effleurage**

Apply the Bellabaci Professional Wellness Massage Balm liberally to the leg. Perform full-leg effleurage using hands only, repeat X3.

**Step 2- Kneading**

Stand next to the bed. Use your hands to knead the left leg, starting at the ankle. Work your way up to the upper leg, then back down to the ankle. Repeat x3.

**Step 3 - Thigh Draining**

Use the long flat edge and begin scraping from the knee upwards to the hip. Apply medium pressure and move slowly. Use long strokes for a soothing effect, focusing on tight spots around the outer thighs and quads, and following with your other hand. Be gentle with the inner thigh area, using the rounded side of the Gua Sha tool. Scrape gently from the knee towards the groin.

**FRONT OF THE LEG GUA SHA APPLICATION****Step 4 - Circles**

Use the round, flat, circular edge of the Gua Sha to make circles, starting from your knees and working your way up to cover the entire upper leg.

**Step 5 - Side Scraping**

Use the smooth side of the Gua Sha on the inner thigh and the textured side on the outer thigh, depending on the client's sensitivity or muscle tension. Perform short strokes from the center of the leg, moving down toward the outer side of the upper thigh.

**Step 6 - Thigh Scraping**

Use the long textured edge and begin scraping from the knee upwards to the hip. Apply medium pressure and move slowly. Use long strokes for a soothing effect, focusing on tight spots around the outer thighs and quads, and following with your other hand.

**Step 7 - Connecting Hand Effleurage**

Perform leg effleurage using hands only, starting on the thighs and ending on the lower leg.

**Step 8 - Lower leg draining**

Start at the ankles, using the short, flat edge of the Gua Sha to scrape upwards toward the knees on the right and left sides of the lower leg. Be careful around the tibia bone. Apply gentle pressure and use long, smooth strokes.

**Step 9 - Circles**

Use the round, flat circular edge of the Gua Sha to make circles, starting from your ankle and working your way up to your knee, covering the lower leg and taking care not to work over the tibia.

**Step 10 - Knuckling**

Perform knuckling starting at the ankles and moving towards the knee, avoiding the tibia bone.

**Step 10 - Lower leg Draining**

Start at the ankles, using the short, flat edge of the Gua Sha to scrape upwards toward the knees on the right and left sides of the lower leg. Be careful around the tibia bone. Apply gentle pressure and use long, smooth strokes.

**Step 11 - Milking**

Using a firm yet gentle grip, start at the heel and apply pressure as you move toward the toes, as if you're squeezing or "milking" the foot.

**Step 12 - Strokes**

Use the textured side of the Gua Sha and move it up and down the foot, applying firm pressure.

**Step 13 - Pressure Point**

Use the rounded, pointed edge of the Gua Sha to apply pressure along the energy zones of the feet.

**Step 13 - Gliding**

Use the curved short side of the Gua Sha and glide up and down the foot.

**Step 11 - Hand effleurage**

Perform full-leg effleurage using hands only, repeat x3. \*Repeat on the other leg.

**ARM GUA SHA APPLICATION****Step 1 - Hand Effleurage**

Apply the Bellabaci Professional Wellness Massage Balm liberally to the arm. Perform full-arm effleurage using hands only, repeat x3.

**Step 2 - Thumb Rotaries**

Perform thumb rotaries on the lower arm by holding the arm between your thumbs and index finger.

**Step 3 - Kneading**

Perform kneading on the upper arm.

**Step 4 - Lower arm stroking**

Use the flat edge of the Gua Sha tool to scrape from the wrist upwards to the elbow, ensuring to cover the full lower arm. Move in long, smooth strokes, apply moderate pressure, and move slowly, avoiding bony areas. Repeat 3 - 5 times per side.

**Step 5 - Lower arm textured stroking**

Use the textured edge of the Gua Sha tool to scrape from the wrist upwards to the elbow, ensuring to cover the inside of the lower arm. Move in long, smooth strokes, applying moderate pressure. Repeat 3 -5 times per side.

**Step 6 - Upper arm scraping**

Start at the elbow and scrape upwards to the shoulder. Use the long edge of the tool for firm pressure, particularly if you have tight areas in the upper arm. Repeat 3 - 5 times per side.

**Step 7 - Circles**

Use the round, flat circular edge of the Gua Sha to make circles, starting from your elbow and working your way up to your shoulder, covering the entire upper arm. Be careful not to apply pressure directly over the elbow joint.

**Step 8 - Upper arm textured scraping**

Use the textured edge of the Gua Sha tool to scrape from the elbow upwards to the shoulder, ensuring to cover the full upper arm. Move in long, smooth strokes, applying moderate pressure. Repeat 5-7 times per side.

**Step 9 - Hand effleurage**

Perform full-arm effleurage using hands only, repeat x3.

Repeat on the right arm.



## Whole Body Massage

### The Body Gua Sha



— Boosts Circulation

— Lymphatic Drainage

— Releases Tension



**FACIAL GUA SHA APPLICATION**

**Step 1** - Remove makeup with the Deep-Cleanse Pro Makeup remover Mitt. Dampen the mitt with water and gently wipe off all traces of makeup, including mascara.

**Step 2** - Apply Sacred Qi Elixer balm with a Hand effleurage. Perform full facial effleurage using hands only, repeat x3.

**Step 3 - Circle**

Perform circular movements using soft pressure with fingertips to open lymph on the décollette next to the arm area, moving slightly inwards and upwards to the collarbone, ending below the ears.

**Step 4 - Shoulder Strokes**

Ensure you hold your Gua Sha at a slant to the side or an approximately 45-degree angle and with a light to medium pressure. Perform shoulder strokes with the rounded side of the Gua Sha sliding from the shoulder towards the occipital hollow. Apply slight pressure and wiggle once here.

**Step 5 - Neck Strokes**

Perform neck strokes with the rounded side of the Gua Sha sliding from the décolleté towards the chin.

**Step 6 - Vibrations**

Use the flat side just below the jaw line at a 45/90 degree angle and perform vibrations using a medium pressure moving toward the TMJ. Repeat x 3.

**Step 7 - Third Eye Drain**

Drain the third eye, starting between the brows and moving towards the hairline. Repeat x 3.

**Step 8 - Forehead Drain**

Drain the forehead from the brows moving toward the hairline. Drain the left brow, starting at the midline outwards. Repeat x 3.

**Step 9 - Drain**

Drain the left side of the face, starting at the midline outwards following the lymphatic pathways down to and including the neck. Repeat x 3.

**Step 10 - Drain**

Drain the nose by gliding the Gua Sha stone from the nose down and outwards to the nostrils. Repeat x 3.

**Step 11 - Drain**

Drain above the upper lip from the midline towards the corner of the mouth. Repeat x 3.

**Step 12 - Drain**

Drain below the lower lip from the midline towards the corner of the mouth. Repeat x 3.

**Step 13 - Drain**

Slide from the lower cheek (corner of the mouth area) towards the cheekbone. Repeat x 3.

**Step 14 - Drain**

Slide from the midline from the chin on the jawline towards the TMJ and wiggle slightly using the heart-shaped side. Repeat x 3.

**Step 15** - Repeat on the right side of the face.

**Step 16** - Remove massage Balm if needed with a warm compress. Apply Sunkissed sunscreen.

**COMPLETING THE TREATMENT**

Place the robe and slippers by the side of the table so the client can slip into them before they exit. Thank your client and ask how they feel after their treatment. Offer the chosen home care for your client as a retail option and provide home care advice.