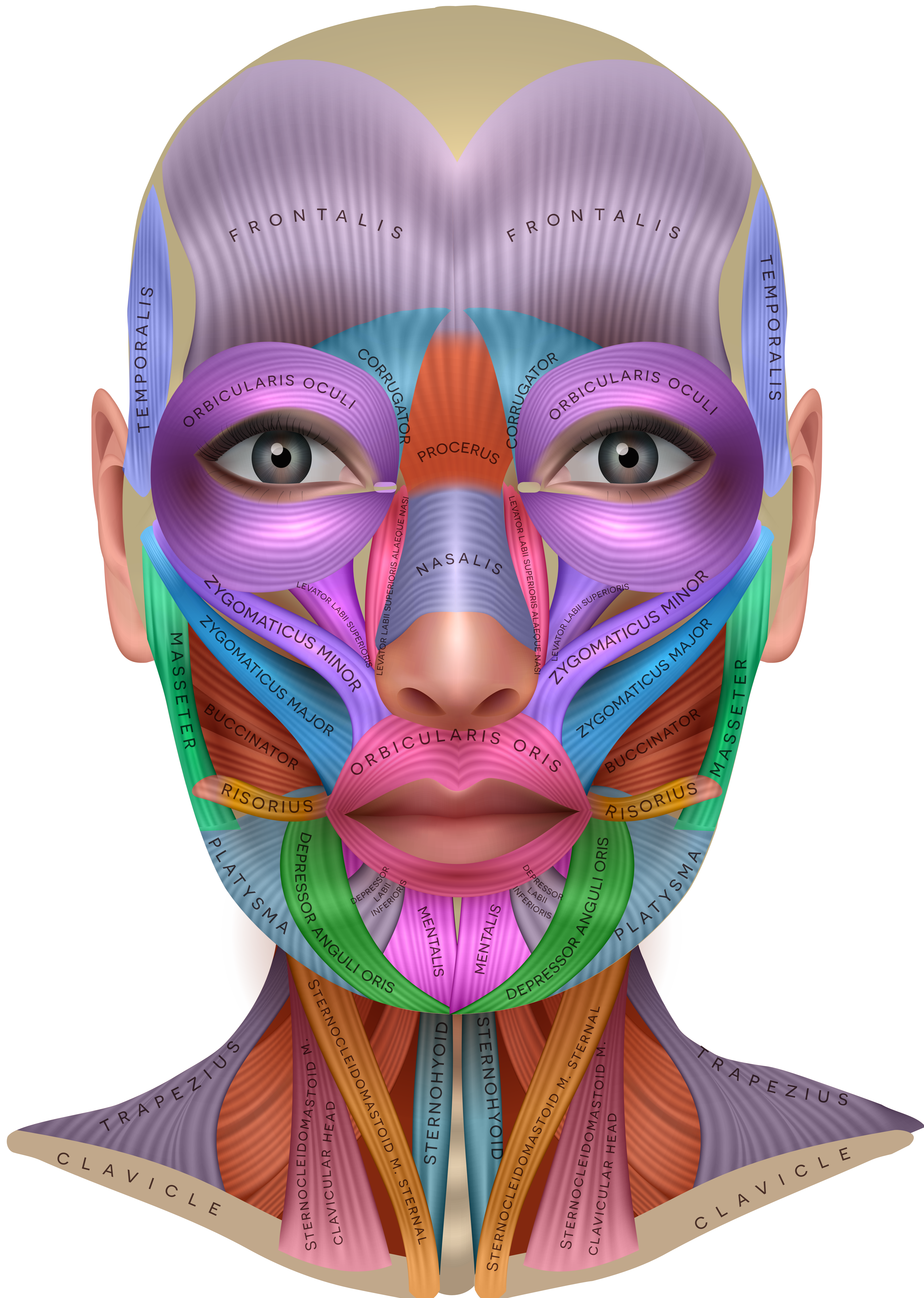


# Facial Mapping Cheat Sheet

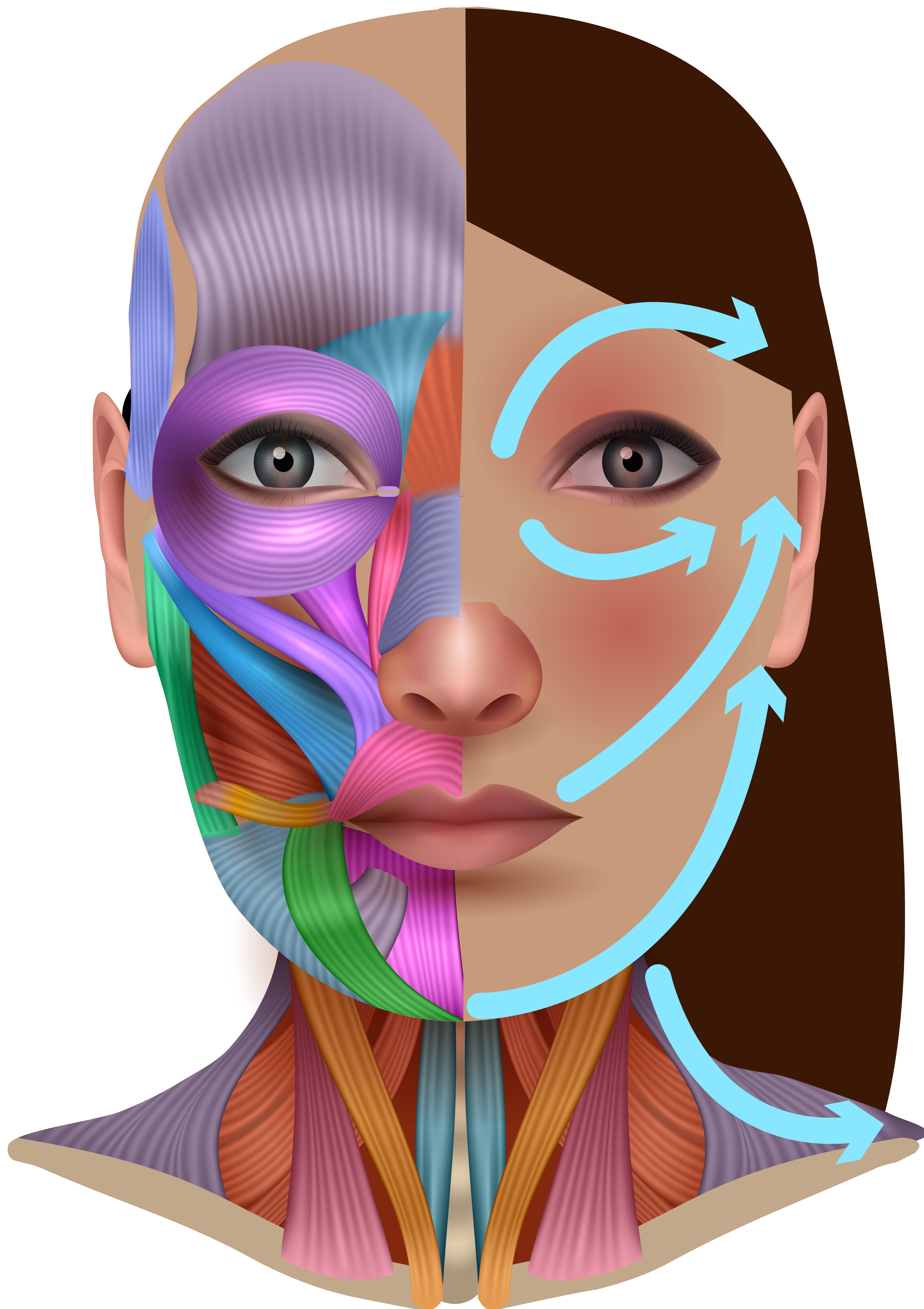
Created by Myotone





# Gua Sha Lymphatic Drainage Pathways

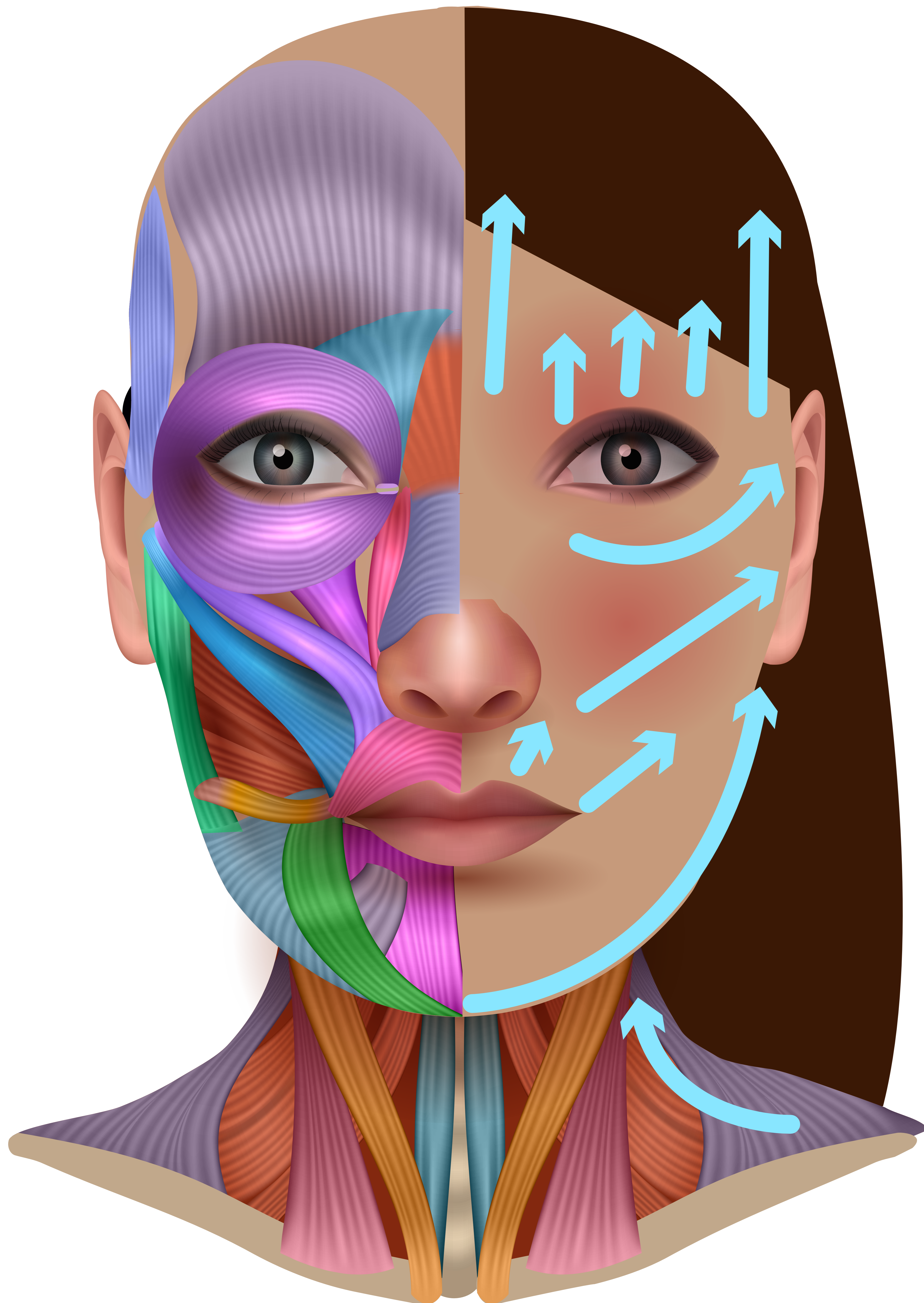
Apply a facial oil & follow these pathways with a gua sha tool. Always pull away from the center of the face & pull down the side of the neck to drain. Try to follow the shape of the facial muscles.





# Microcurrent Facial Pathways

Apply a conductive serum & follow these pathways with your microcurrent device. Always move upwards, trying to position the muscle between the two probes. Pause every 1/4 inch along the pathway & hold for 3 seconds for optimal lift.





# Tips for Lymphatic Facials:

- Always have a diagram of the facial muscles pulled up to reference during your facial
- **Lymph node prep:** Apply light pressure at the clavicle to stimulate the lymph nodes and encourage drainage before moving to the face.
- **Sinus Drain:** Use your index fingers to gently massage the sides of the nose & the outer corner of the eyes to relieve sinus pressure.
- Use plenty of serum or facial oil so your tool glides smoothly & doesn't tug at the skin. ***Remember you're targeting the muscles, not the surface of the skin.***
- **Headache Relief:** Use circular motions on the temples to relax the temporal muscles, which can hold tension and affect overall facial relaxation.
- **Neck Sweeps:** Gently sweep down the sides of the neck, starting from behind the ears and moving towards the collarbone to promote lymphatic flow before starting your facial.
- **Cold Tools:** Refrigerate your gua sha or serum before your facial to help reduce inflammation and enhance the drainage process.