



LYMPHATIC MASSAGE

USING CRYSTAL TOOLS TO SUPPORT NATURAL LYMPH FLOW

GENTLE DAILY PRACTISE TO REDUCE PUFFINESS, SUPPORT CIRCULATION
AND ENCOURAGE HEALTHY RADIANT GLOW



CRYSTAL TOOLS YOU CAN USE



GUA SHA
STONE



FACIAL
ROLLER



CRYSTAL
MUSHROOM



PALM
STONE



VOGEL
WAND

1 OPEN THE NECK



GLIDE DOWN SIDE OF NECK
FROM EAR TO COLLARBONE

8-10 STROKES EACH SIDE

2 STIMULATE COLLARBONES



SWEEP ACROSS COLLARBONE
FROM CENTRE TO OUT

6-8 STROKES

3 JAWLINE SWEEP



GLIDE>CENTRE TO OUT
JAWLINE BACK TO EAR

8-10 STROKES EACH SIDE

4 CHEEKS TO EARS



SWEEP>NOSE TO CHEEK
MOUTH TO EAR

8-10 STROKES EACH SIDE

5 EYES & FOREHEAD



GLIDE>UNDER EYE OUTWARD
SWEEP ACROSS FOREHEAD

6-8 STROKES EACH AREA

6 DRAIN & FINISH



SWEEP>DOWN SIDE FACE
DEEP BREATH IN & RELAX

8-10 STROKES

TIPS FOR BEST RESULTS



LIGHT PRESSURE



STAY HYDRATED



PRACTISE 3-5 X PWK



BE CONSISTENT



BREATHE DEEPLY & RELAX



CRYSTAL REMINDER

- ◆ CLEAN B4 & AFTER USE
- ◆ INTENTION ENHANCES
- ◆ TOOL IS EXT. ENERGY
- ◆ TREAT WITH LOVE AND KINDNESS

BODY LYMPHATIC FLOW

SIMPLE ROUTINE TO SUPPORT NATURAL DRAINAGE



1 OPEN THE NECK



SWEEP DOWN
FROM EAR TO SIDE OF NECK
TO COLLARBONE

2 CLEAR COLLARBONES



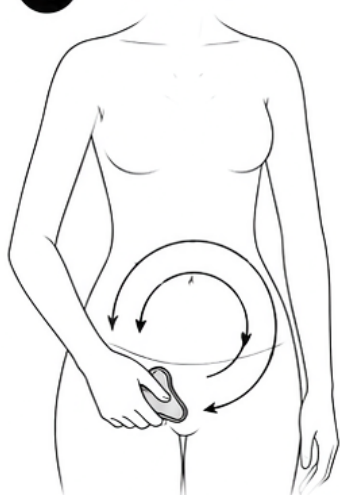
SWEEP FROM CENTRE OF CHEST
ALONG TO COLLARBONE
OUT TO SHOULDERS

3 UNDER THE ARMS



SWEEP UP SIDE OF BODY
i INTO ARMPIT AREA AND
ENCOURAGE DRAINAGE

4 ABDOMEN



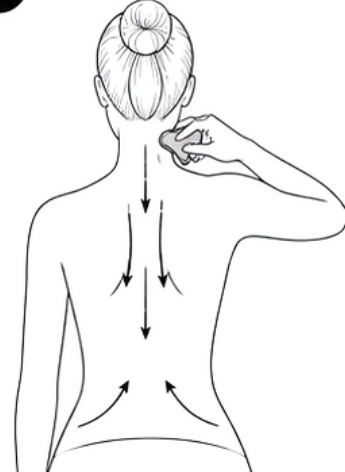
CIRCULAR MOTIONS CLOCKWISE
AROUND THE ABDOMEN

5 LEGS



SWEEP FROM THE ANKLES
UP THE LEGS TOWARD GROIN

6 FINISH & RESET



FINISH BY SWEEPING DOWN
Fi SPINE OUT TOWARD HIPs
TAKE A DEEP BREATH AND RELAX



DAILY REMINDERS



HYDRATE



BREATHE
DEEPLY



CLEAN YOUR
CRYSTAL



DRINK WATER
AFTER



PRACTICE
DAILY

CRYSTAL ACUPRESSURE



USE CRYSTALS. PRESS GENTLY. FEEL THE FLOW.



SUPPORTS FLOW



RELIEVES TENSION



CALMS MIND

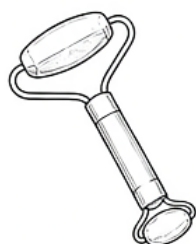


PROMOTES BALANCE

CRYSTAL TOOLS



GUA SHA



FACIAL ROLLER



CRYSTAL MUSHROOM



PALM STONE



MASSAGE WAND

KEY ACUPRESSURE POINTS

1 THIRD EYE



FOCUS

2 TEMPLES



RELAX

3 JAW JOINT



RELEASE

4 BASE OF SKULL



RELAX

5 COLLARBONE HOLLOW



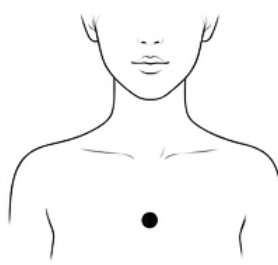
OPEN

6 BETWEEN THUMB & INDEX FINGER



RELIEVE

7 CENTRE OF CHEST



CALM

8 UNDER THE NOSE



SOOTHE

DAILY RITUAL



HYDRATE



BREATHE



CLEANSE TOOLS



BE GENTLE



PRACTICE
DAILY