



# WELCOME

## BENEFITS OF GUASHA

Dating back thousands of years, GuaSha has extended and been used as a comeback technique. GuaSha is an extremely loosening therapy that is conducted using mild strokes to massage, manipulate, and stimulate detailed energy lines and points along the face.

This assists to stimulate healthy lymph flow by expelling toxins that have been stuck. It also assists to iron out the fascia that is impacted by tension which develops a stunning lift in the face. Guasha is executed with an instrument called Electric Gua Sha. It's both the name of the tool employed and the technique. The guasha stones come in all varieties of shapes, sizes, and materials - more on that later.



## Benefits Of GuaSha?

### ❖ Lymphatic Drainage

It helps in the expulsion of surplus fluid and toxins which then facilitates our lymphatic system to deliver fresh and important nutrients to our cells. Merely by using continual strokes to facilitate lymphatic drainage fluid, you can stimulate circulation, and deliver an effortless glow, all while developing sculpting and lifting effects.

### ❖ Deals with Cystic Acne

A common fallacy is that you cannot use Electric GuaSha on acne. The guashatool from You Time Beautified assists lessen flare-ups, redness, and the size of acne by shifting congestion and enhancing circulation. Just remember to never use a guasha on hurt skin and pustules.



## ❖ Fights Acne Scars

The GuaSha brings fresh juices to the texture of the skin which revives skin cells, hence lessening the visibility of acne scars. Use a vitamin C-infused serum to reap maximum advantages.

## ❖ Bid Adieu To Dark Circles

Improved blood circulation outcomes in lesser dark circles and a young glow.

## ❖ Reduce Puffiness

Since the GuaSha removes lymph and other juices from your face, your skin tightens and comes to be more chiseled.





# CONTACT US

YOUTime Beauty

18 Guthrum Court, 1 Cavendish Square  
East London  
London, E16 2XN

[beautify.youtime@gmail.com](mailto:beautify.youtime@gmail.com)

<https://youtimebeautified.com/>

