



Course details

Course title

Healthy Living: Gua Sha for Improvers

Course code

Q00016732

Course date

Start: 18/03/25

End: 06/05/25

Number of classes

8 sessions

Timetable

Tue 18th Mar, 18:00 to 20:00

Tue 25th Mar, 18:00 to 20:00

Tue 1st Apr, 18:00 to 20:00

Tue 8th Apr, 18:00 to 20:00

Tue 15th Apr, 18:00 to 20:00

Tue 22nd Apr, 18:00 to 20:00

Tue 29th Apr, 18:00 to 20:00

Tue 6th May, 18:00 to 20:00

Tutor

Lisa Richards

Fee range

Free to £59.20

How you'll learn

You'll join a small group of fellow learners for classes online in video meetings and materials will be provided in our virtual learning environment.

Got it!

Online

Venue

Online

Level of study

Intermediate

Course overview

Are you embarking on a journey through your face for the first time? Do you want to learn how to use a Gua Sha and do facial lymphatic drainage properly? Do you want to Lift and tone all facial and neck muscles for a more defined, youthful look? Would you like plumper lips, and smoother laugh lines? Would you like a more defined jawline, reduce double chin, and toned jowls? We will also learn how to smooth marionette lines and lift drooping mouth corners Are you interested in rejuvenating your neck and balancing facial symmetry? Join me to establish a bulletproof practice that gives you a toned, sculpted face and neck that you've always dreamed of. No more tired looks, sagging skin, and wrinkles. With this consistent practice, you will finally be able to say hello to a glowing, youthful appearance! On a deeper level, this course will help to empower you to take control, helping you create the face you want. Join me to achieve a refreshed, radiant glow that lasts.

Course description

In this course we will be exploring facial exercises and learning about recognising bad habits that you would like to change such as smoothing out frown lines and working on those elevenses! These exercises make you more aware of how you are expressing yourself and how to relax and stimulate the face muscles such as the forehead smoother and the v techniques to help decrease fine lines around the eyes. These also help to decrease puffiness and dark circles due to the increase in

circulation. We will also learn how to do facial and body Gua Sha massage which helps to tighten and firm skin as well as assist with pain relief and relaxation. This will also help to Improved skin elasticity, enhance blood circulation And increase collagen production, reducing the appearance of fine lines and wrinkles. We will develop techniques to help lift and define face contours Join me for a more refreshed and youthful facial appearance with Improved complexion and overall skin tone As well as harmonized facial symmetry and definition. In this eight-week course you will rejuvenate and empower yourself to take control, helping you create the face you want. Let's achieve a refreshed, radiant glow that lasts together.

What financial support is available?

We don't want anything to stand in your way when it comes to bringing Adult learning within reach so if you need anything to support you to achieve your goals then speak to one of our education experts during your enrolment journey. Most of our courses are government funded but if you don't qualify or need alternative financial help to access them then let us know.

What other support is available?

All of our digital content, teaching and learning activities and assessments are designed to be accessible so if you need any additional support you can discuss this with the education experts during your enrolment journey and we will do all we can to make sure you have optimal access.

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