

FEBRUARY

Facial Gua Sha Challenge

 1	 2	 3	 4	 5
 6	 7	 8	 9	 10
 11	 12	 13	 14	 15
 16	 17	 18	 19	 20
 21	 22	 23	 24	 25
 26	 27	 28		

Fill in the heart for each day you do gua sha
Progress- not perfection!

#SerenityGuaShaChallenge