

Fitness option information pack

Foxtailsfitness

A printable overview with key details, next steps, and the matching online service page.

Service guide

Gua Sha evenings in Musselburgh

Musselburgh evenings / Ask for dates

Unavailable

Currently unavailable. Contact Danielle if you would like help choosing another option.

Overview

A calm wellbeing evening with guided Gua Sha technique, gentle self-care, and space to unwind.

A restorative evening for learning simple facial Gua Sha techniques in a relaxed setting.

Best for

- A calm evening reset
- Learning a simple self-care routine
- Anyone curious about facial Gua Sha

Included

- Guided Gua Sha technique demonstrations
- A relaxed Musselburgh evening setting
- Practical tips for using light pressure and steady movement

View the full service page

<https://foxtailsfitness.co.uk/fitness-options/gua-sha-evenings-in-musselburgh/>

Contact or enquire online

<https://foxtailsfitness.co.uk/contact?service=Gua+Sha+evenings+in+Musselburgh>