

# GUA SHA

**GUA**= TO RUB OR SCRAPE

**SHA**= REDNESS: AREAS OF REDDENED SKIN WHERE BLOOD STAGNATION OR HEAT IS TRAPPED IN THE BODY



Gua sha is traditionally used for areas of pain and inflammation as well as an immune system support or stimulant.

Blood congestion collects in the surface tissue in areas of the body where you experience stiffness, pain, swelling and so on. In Chinese medicine this is known as stagnant energy or chi which is thought to be responsible for inflammation. Inflammation is the root cause of most disease.

Using Gua Sha tools to scrape the skin surface breaks up this energy which reduces inflammation and creates blood flow therefore promoting healing.

- PRESS OR SCRAPE IN 1 DIRECTION – TOWARD EXTREMITIES
- STAY ON SKIN & MUSCLE, DO NOT WORK OVER BONES OR SPINE
- DO NOT WORK ON OPEN WOUNDS, BREAKOUTS OR IRRITATED SKIN
- GUA SHA IS BEST BEFORE A SHOWER  
*\*WAIT 24 HOURS TO SHOWER AFTER GUA SHA*

