



The Little Known Healing Aspects of Gua Sha

Gua Sha means “scraping” and is an ancient healing technique still used in China and by other indigenous cultures.

The skin is scraped, using quick, short movements, with a specially designed instrument (usually made of horn or jade) called a guasha stone, until the skin turns red. In areas where disorders are hidden, red spots will appear in the skin. These spots fully disappear within 3-7 days.

The effectiveness of the Gua Sha treatment is said to stem from the simultaneous effects on the skin, the subcutaneous layer and connective tissue, the lymph system, meridians, periosteum, muscles, blood vessels, nerves, the brain and immune system—and through them, on all the systems and functions of the entire body, including the internal organs.

In China, this is considered a “home remedy”, often performed by the individuals on themselves, or family members on each other.

Here in the West, Gua Sha is not high on the list of requested—or used—therapies, mostly due to the lack of understanding of its healing effects, and the “oddness” of scraping the skin ‘til reddened... But it is available and in some cases valid treatment, if you’re open to new possibilities of healing.