



Should You Give Gua Sha Therapy a Try?

No one wants to experience pain, especially chronic pain. It does not only bring discomfort but it also limits your mobility. If you have been living with pain, you must have tried different kinds of medicines to ease what you're feeling.

The problem with medicines, however, is that the dosage increases as time goes by. If you are one of these people, it's time to try gua sha therapy.

Gua Sha: Ancient China's Secret Weapon

The ancient Chinese believe that the primary reason for the ailments we experience is because there's a lot of stagnant energy in our body called chi. If that stays in your body for a long time, it causes inflammation. However, once that energy flows again, your body will get well.

Gua sha breaks down that energy and restores proper circulation in your body. It involves scraping your skin with long and short strokes using a gua, a smooth-edged massage tool.

The process is done repeatedly on the back, legs, buttocks, arms, and neck. Your therapist might start with soft pressures and increase it to determine how much you can handle. Although the process does not hurt, the repeated action can cause mild bruising on your skin.

The color of the bruises depends more on the toxins inside your body than the pressure applied to your body

during scraping; thus, the therapy also reveals your internal health.

- Very dark red means a long-standing health issue
- Dark red means the acid level in your body is very high
- Red indicates recent physical ailment

Why You Should Try Gua Sha

“Why should I try gua sha? I am not experiencing any chronic pain,” you might say.

Good news is, it’s not only for those who are in pain, but a lot more. Here are three good reasons why you should give it a try.

It promotes proper circulation

Poor circulation is dangerous and can cause a number of health risks. If you have been experiencing fatigue, insomnia, digestive issues, and a case of forgetfulness, the culprit can be poor circulation.

If the blood is not circulating well, toxins build up in the body, especially on the back, neck, shoulders, and joints. The toxins cause the immune and lymphatic systems to weaken.

Gua sha therapy scrapes these toxins away by creating small injuries or microtrauma to the body. When the broken scar tissue heals, blood flow improves [carrying new immune-boosting properties](#) into the body.

Because of its wide benefits, this therapy is giving results for scalp issues too as in many cases, hair loss and thinning is closely related to [iron deficiency](#) or poor circulation.

It improves flexibility and mobility

When you’ve been working long hours sitting in front of a computer, pain and tension in your neck, shoulders, and back are inevitable. If not addressed immediately, that can greatly affect your range of movement.

A [2014 study](#) revealed that people who received gua sha therapy for their neck and shoulder pain showed increased mobility and flexibility compared to those who did not.

Old people experiencing back pain were also relieved after receiving the same therapy. It also showed that its effects last much longer than by just applying a hot compress on the painful area.

It promotes healthy skin

Gua sha therapy improves the blood circulation and when it does, your body receives more oxygen and nutrients, improving the health and vitality of your skin.

The cells also become healthier allowing it to fight bacteria that can cause ugly breakouts effectively.

Healthy cells also mean healthier and more radiant complexion.

Facial gua sha, a milder form performed on the face, [releases tense muscles](#) on the face and reduces the appearance of wrinkles giving it a fresh, youthful glow.

Enjoying the Benefits of Gua Sha

Gua sha therapy is a simple and straightforward process that promises a lot of benefits. When you decided to have one, make sure that you go to a licensed practitioner of the discipline, so you will receive safe and effective treatment.