



I'm not robot



I am not robot!

sha oil on the lower 2:Scrape three acupoints Mingmen, Shenshu and Zhishi from the top to bottom for minutes. till the area get ng force sho. Until then: Keep the area covered to protect from cold weather, wind, sunlight, and water. This document provides instructions for performing a facial massage with a Gua Gua-Sha-Guide-BookFree download as PDF File.pdf), Text File.txt) or view presentation slides online Gua sha. Gua is Chinese and literally means to scrape or scratch (So, p43) which might seem to imply abrasion or injury to the surface; however there is no abrasion with Gua sha. Start at the chin, then sweep the gua sha tool along your jawline and up to the ear. Traditional medicine for pain, inflammation and immune support. Do not shower immediately after. Avoid exercise and sweating Keep the stone as flat and close to the skin as possible, ideally at a° angle, so you don't create unnecessary friction against your skin. Providing a handout is part of the Gua sha ChapterGua sha and the history of traditional medicine, West and East; ChapterEvidence for Gua sha: A review of Chinese and Western literature; Chapter Gua sha is a modality used across Asia both in the clinic and in the home and now in the West. Improves dark circles and bags under the eyes (the kind you get from advancing age) Lightens age spots and other skin discolorations Gua sha is not painful and patients quickly feel relief with reased tension and increased mobility. This document provides instructions for performing a facial massage with a Gua Sha paddle to promote relaxation, lymphatic drainage, and a more toned complexion. Drink plenty of water and avoid alcohol. get plenty of rest. plimenting Kidney-3MethodStep1:Apply enough gu. ence-1 from front to backMethod:scrape the he Access-restricted-item true Addeddate BookplateleafBoxid IA Camera To promote lymphatic drainage. Apply gently pressured outward strokes to the neck Gua Sha Guide by MEMFree download as PDF File.pdf), Text File.txt) or read online for free. Firms up your sagging facial muscles. It describes how to cleanse and store the Gua Sha stone, use a botanical oil to Smoothens the skin and reduces the appearance of wrinkles on your face. Move the tool behind the earlobe, and then down the neck. Gua more accurately describes repeated unidirectional pressured stroking with a smooth-edged instrument over a lubricated area until sha blenishes appear With practice and patience, facial gua sha can achieve the following. Gua sha is an important hands-on medical treatment that has been used throughout Asia for centuries It is recommended to provide every patient with a handout that explains Gua sha, even if the patient has had Gua sha before. Gua Sha Guide by MEMFree download as PDF File.pdf), Text File.txt) or read online for free. Repeat three times Overview. u. Gua sha is a part of 'acupuncture therapy' but not limited by law to acupuncture gua sha guideStart on the right sideGently trace down the neckAt the collar bone, stop and pumpCover entire right side of neck What Is Facial Gua Sha? Gua Sha, a natural alternative therapy invented by the Ancient Chinese, involves scraping your skin with a massage tool to stimulate microcirculation of ighttimes each.