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Learn the ancient techniques and health benefits of Gua Sha massage with this complete illustrated guide. Gua Sha is a traditional Chinese therapy for expelling toxin and preventing diseases. A simple scraping plate coupled with oil, when applied to the body repeatedly, can reach the effect of smoothing Qi and blood flow, stimulating main and collateral channels, expelling toxins and alleviating pain.

Gua sha: A Complete Self-treatment Guide - Clive Witham

I'm author of The Book of Oriental Medicine, Gua sha: A Complete Self treatment Guide and Facial Gua Sha: A Step-by-step guide to a natural facelift. I've been a licensed acupuncturist for 18 years, have a Masters degree in Health Education and am a member of the British Acupuncture Council.

Books | Gua sha and Oriental Medicine

Gua sha: A Complete Self-treatment Guide Learn how to use simple Gua sha scraping techniques to maintain your health and help to prevent and combat ailments such as headaches, colds, neck and shoulder pain, anxiety, backache, insomnia and depression.

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The Complete Online Gua sha Program | Clive Witham

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Gua sha is a simple, effective scraping technique used for centuries in the Far East for maintaining health and helping to prevent and combat ailments such as headaches, colds, neck and shoulder pain, anxiety, backache, insomnia and depression.

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