Provides an easy-to-follow introduction to this unique and ancient medical treatment

Based on the holistic view of traditional Chinese medicine, Gua Sha therapy involves repeated pressured strokes over lubricated skin with a smooth edge, such as a ceramic Chinese soup spoon, a well-worn coin, even honed animal bones, water buffalo horn, or jade. A simple metal cap with a rounded edge is also used. Gua sha is used in a full range of treatments to promote the body's self-healing ability. It is regarded as a convenient and reliable therapy since it is safe, effective, and easy to practice.

This book consists of an introduction to the essential theories of Gua Sha, commonly used tools, basic procedures, practical applications, and typical, illustrated case studies.