

## Gua Sha: The Beauty Tool Making a Comeback

Published on 02 Jan 2026 | By IFI Correspondent



An ancient healing practice rooted in Traditional Chinese Medicine (TCM), **gua sha** has rapidly emerged as a modern wellness and beauty essential. Once used primarily for pain relief and improving circulation, the technique has now found widespread popularity in **skincare routines, facial massage therapies, and holistic wellness practices** across the globe.

From celebrities to dermatologists and wellness influencers, gua sha is being embraced for its **natural, non-invasive benefits** that align with today's growing preference for mindful and sustainable self-care.

### What Is Gua Sha?

Gua sha involves using a **smooth-edged stone tool**, traditionally made from jade, rose quartz, or bian stone, to gently scrape the skin in specific strokes. The term "gua" means scrape and "sha" refers to redness — a sign of improved blood flow.

While body gua sha is still practised for therapeutic healing, **facial gua sha** has become especially popular for beauty and skincare benefits.

### Key Uses of Gua Sha

Gua sha is used across wellness and beauty routines for multiple purposes:

- **Facial massage** to improve skin health and appearance
- **Muscle relaxation** for the neck, shoulders, and jaw
- **Stress and tension relief**, especially for headaches and tight muscles
- **Lymphatic drainage** to reduce puffiness and fluid retention
- **Pain management** in traditional therapeutic settings

Its versatility has made it a staple in both spa treatments and at-home self-care rituals.

### Benefits of Gua Sha for Skin and Wellness

#### 1. Improves Blood Circulation

Regular gua sha massage boosts blood flow, delivering oxygen and nutrients to the skin. This results in a **natural glow and healthier-looking complexion** over time.

## 2. Reduces Puffiness and Inflammation

By stimulating lymphatic drainage, gua sha helps flush out toxins and excess fluids, making it effective in **reducing facial puffiness, under-eye bags, and inflammation.**

## 3. Enhances Skin Firmness

Consistent use may help improve skin elasticity, giving the face a **more sculpted and lifted appearance**, particularly around the jawline and cheekbones.

## 4. Relieves Muscle Tension

Gua sha is known to ease tight facial and neck muscles, which can help reduce **jaw clenching, neck stiffness, and tension headaches.**

## 5. Supports Product Absorption

Using gua sha with facial oils or serums helps products penetrate deeper into the skin, **enhancing their effectiveness.**

### Who Can Use Gua Sha?

Gua sha is generally suitable for most skin types when done correctly. However, experts advise avoiding the practice on **broken skin, active acne, rashes, or infections**, and recommend using light pressure, especially for beginners.

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