



INFINITE WELLNESS  
ACUPUNCTURE

970-930-1809  
www.infinitemwellnessacu.com  
Glenwood Springs, CO

## Chinese Medicine: Gua Sha for Adults

### **How to Release Muscle Tension:**

#### *Supplies:*

1. 'Gua Sha' Tool (any curved plastic, ceramic or stone utensil; a chinese soup spoon, a snapple cap or an official gua sha tool will do the job).
2. Oil (massage oil, coconut, olive or any oil that you know won't cause any irritation).

#### *Procedure:*

- Expose the are that you are going to work on (low back, upper back, neck)
- Apply a light layer of oil to the area of skin you are going to work on.
- Start scraping the skin in a downward motion in one direction, (away from the spine, if you are working on the back).
- Use a firm pressure, check to see how they like the pressure, if they start to squirm you are probably going too hard.
  - You want to scrape the skin until you see a pink to reddish hue appear.
  - This could take 1-10 minutes.
  - Usually they get very relaxed and will let you do it longer than needed, but only go until you see the pink to reddish hue in the skin appear. Switch sides, so one side doesn't get sore.
- Don't exceed 10 minutes

#### *Contraindications:*

- AVOID** the spine, any bony prominences or any broken skin!
- Recent injury sites
- Bleeding disorders (on a blood thinner)
- Diabetic neuropathy areas
- Low abdomen and low back of a pregnant women
- Elderly or very weak people (chemo patients)

There will be a red to purple mark on the upper back that could be visible for 1 day to over a week. Depending on their skin sensitivities and complexion.

**How to Reduce a Cough Naturally:**

Follow the above instructions.

Focus on the upper and mid back. Scrape the skin going in the direction from the spine towards the sides of the body and also inbetween the shoulder blades.

You may also do the upper chest, in the direction from the sternum to the sides of the body.

This will help expectorate any mucus that is lingering in the lungs.

Expect the cough to increase intensity after doing this procedure. Later that day or the next day, the cough severity should decrease significantly or will be gone completely.

Email me at: [infinetwellnessacu@gmail.com](mailto:infinetwellnessacu@gmail.com) or call 970-930-1809 with any questions or to schedule, or schedule online at: [www.infinetwellnessacu.com](http://www.infinetwellnessacu.com)

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