



Gua Sha: A Complete Self-treatment Guide

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.

This definitive guide, by a leading acupuncturist and health educator, takes you step by step through everything you need to do to treat yourself and others both safely and securely within a holistic vision of health and well-being. It includes anatomical information, key points and channels in Oriental medicine and clearly explained techniques for treating your whole body from head to toe, including facial Gua sha.

Packed with accessible information and fully illustrated, anyone with an interest in their own health and wellbeing, whether you are just curious or a professional, can benefit from this essential guide.

“A very comprehensive, clearly laid out and written book which is ideal for beginners as well as practitioners, offering simple step by step practical treatments for common conditions. Excellent value.”
Yoga & Health Magazine

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