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MASSAGE TIME

What Is Gua Sha and How Do You Use It?

We asked the pros how to give yourself a spa-level facial massage in the comfort of your own bathroom.

BY EMILY REKSTIS

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Meet the experts:

- **Cecilia Wong**, an aesthetician and founder of Cecilia Wong Skincare.
- **Sandra Lanshin Chiu**, a licensed acupuncturist at **Treatment by Lanshin**.
- **Melissa Kanchanapoomi Levin**, MD, a board-certified dermatologist in New York City.
- **Angela Chau Gray**, licensed acupuncturist and cofounder of **YINA**.
- **Neda Mehr**, MD, board-certified dermatologist, founder of **Pure Dermatology Cosmetic & Hair Center** and creator of skincare line **Dermbx**.

Board-certified dermatologist Neda Mehr, MD, notes that the stimulation of circulation helps decrease inflammation and boosts detoxification, "which can lead to a clearer complexion and promote lymphatic drainage."

Lymphatic drainage also benefits the skin by eliminating toxins, fluid buildup, and **puffiness**. "Gua Sha helps drive movement and circulation in the body to release stagnation," Gray explains. "Depending on the amount of pressure used with the gua sha tool, you can target different regions of the body. This is where the proper technique matters. We recommend a gentle gua sha scraping motion to help activate lymphatic drainage and movement of lymphatic fluids."

Mehr explains that a gua sha tool can help drain the lymphatic system by "stimulating the lymph nodes to help move extra fluid from swollen areas to excretion." This results in an overall more refreshed, toned and healthy complexion.