

BUF 4700 Contemporary Issues in the Fashion Industry

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Critical Analysis Paper Assignment #1- Gua Sha Board

People are visual animals and will like to see beautiful things. Furthermore, beauty is from ancient times to the present people are pursuing things. At different times there are different aesthetics; at the same time, people will research many products to help them become beautiful. For example, people use products to pursue beauty by pulling the face, shaving board, corset, etc. Many of these products have been passed. Down to the present day, such as the Gua Sha board that will introduce. Gua sha boards have been used for thousands of years, starting with the elite women of the ancient Chinese dynasties, and is a 2,000-year-old treatment that is considered one of the oldest documented forms of Traditional Chinese Medicine (TCM), initially as a folk remedy, often used to "get rid of illness," and now as a beauty treatment (Rosafa, 2021).

Scraping therapy originated in the Paleolithic era when people would stroke or pound a part of the body surface with their hands or stones when they were ill and surprisingly found to bring relief from the disease. In the past, Gua Sha therapy did not have a fixed tool in terms of tools, as long as the scraping technique was combined with massage, pointing, and pestle and needle techniques. You can find many people who need help getting a good deal on many things. Later, through long-term practice and accumulation, the method of stone healing was gradually formed, which is also the prototype of "Gua Sha" therapy. (PM, 2022).

A gua sha board is an angled stone usually made of stone, crystal, bone, or horn (Zhang, 2022). Different materials have different benefits; for example, jade is considered by

practitioners in traditional Chinese medicine to help balance the body's energy and relax the nervous system. On the other hand, Amethyst can release negative ions, thus lowering blessed energy and stress (Zhang, 2022). The reason it is called Gua Sha is not only the name of a tool but also the name of a Traditional Chinese Medicine (TCM) treatment. It comes from the Chinese word gua sha, which means "to scrape," Here, gua sha refers to the raised red color on the skin, not the actual sand, The word "Gua Sha" in Gua Sha also means "virus" in Chinese medicine. (Brannon, 2022). You can use Gua Sha anywhere on the body, but nowadays, more people use it on the face. The body's "qi energy" flow can stand a standstill as modern people lead fast-paced lives and do not have time to be active. Gua sha can improve the skin by increasing blood flow and reducing muscle tension and wrinkles (Zhang, 2022).

Many people think a jade roller and a gua sha board are the same, but they are not. The difference is that the jade roller does not contribute to the scraping technique like Gua Sha. While rollers are a quick way to get rid of puffiness, gua sha boards come in different sizes and shapes, with different orientations to match your skin by scraping the skin to promote blood flow, stimulate lymphatic drainage, and relieve facial muscle tension. This action causes skin discoloration and helps make your face look slimmer, brighter, and whiter (Parmanand, 2021). Although it may look like it hurts, there is no pain, and the bruises usually disappear within a few days (Maril, 2022).

The guasha is tight to make the skin on the face look better and effectively relieves various health problems. For example, tight shoulders, legs, and back, tension headaches, neck pain, or body swelling. It can even help with anxiety, fatigue, insomnia, etc. (Pain, 2021). Although Gua Sha is very effective for our health, it is not an easy task, and it is best to seek the services of a professional Gua Sha practitioner if you want to relieve your health problems because you do not know how hard to use it when you are scraping at home. Also,

some skin and muscle tissues are fragile and unsuitable for overly burdensome massage. If you need to scrape for yourself at home, be careful not to hurt your skin (Pain, 2021).

Gua sha has benefits and side effects, such as tiny blood vessels near the skin's surface may rupture, or there is a risk of skin breakdown during the scraping process, which can lead to infection and the spread of blood-borne diseases if bleeding occurs. (Davids, 2020) Also, only some people are suitable for gua sha treatment. For example, bruises, other lesions, facial implants, or warts or acne (avoid the area) are unsuitable for gua sha treatment. Maintaining a sterile environment between treatments is important to avoid contracting disease if there is skin breakdown (Rosafa, 2021).

Gua sha has a long history, with the first record of its use dating back 700 years to the Ming Dynasty. Although Chinese medicine practitioners have always used this tool, it was not popular then (Davids, 2020). In recent years, we have been using our webcams for zoom meetings because of the embargo, but we could be a better version of ourselves in the camera, with a fat face, double chin, haggard-looking skin, and mental state. This was when people discovered the shaving board, a tool that can make us look contoured and slim our faces. Also, if you have used TikTok in the past, you can see many tutorials on gua sha, which is very popular (Herh, 2021).

According to the data, the hashtag #guasha has over 432 million views on TikTok, which is a considerable number of views. The reason why guasha is so popular because the device can help cleanse our skin, reduce wrinkles, and create a contoured look (Herh, 2021). Shaving can make our skincare routine longer, but helping our skin improve is also an excellent opportunity to relax. Too much tension can also worsen our skin, and all of this equipment is great for our lives and health (Pain, 2021).

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