

HARMONY

CHI RYO Reflexology™

<http://myungtherapies.com/>

Acupuncture Without Needles

[What is Gua Sha?](#)

[What is Cupping?](#)

[What are the benefits of Manual Lymph Drainage \(MLD\)?](#)

Gua Sha

If you want to look 5 to 10 years younger or maintain your youthful appearance, you must definitely try a "GuaSha" facial. It is a facial treatment that can improve your blood circulation and improve cell growth in your face. The face on your skin will also increase its absorption ability so that it can absorb any treatment products you may apply to it better.



Immediate benefits you may experience may include:

- Diminished dark circles
- Diminished bags under eyes and puffy eyes
- Fewer fine lines
- More even skin tone
- Smoother skin
- Smaller pores
- Lightening of dark spots
- More radiant look
- Skin Lifted
- Firmer skin
- Reduction/elimination of double chin
- Refined facial shape
- Improved skin condition

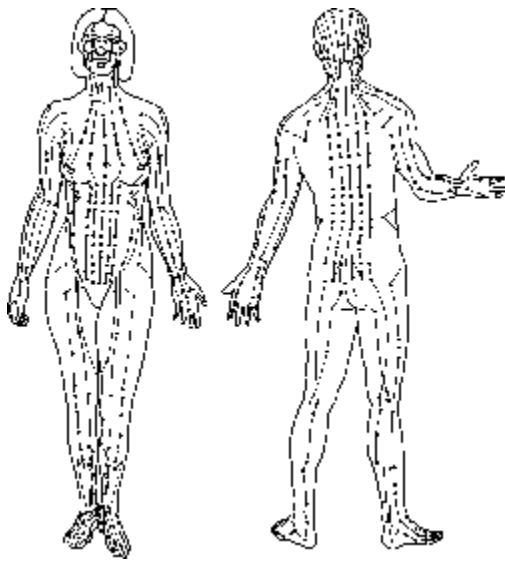
The "Gua Sha" facial treatment utilizes a gua sha board made from water buffalo horn that specially designed to our face's features. You cannot prevent aging but you can DELAY the effects of aging. Now there is a way to maintain the appearance of youth. Why let your face be the victim of aging.

Cupping Therapy

There are three tools in acupuncture: **needles**, **cupping** and **moxa**.

I use my hands instead of needles and I use cupping and moxa for treatments.

Cupping is an ancient Chinese method of treating local congestion. A partial vacuum is created in cups placed on the skin either by means of heat or suction. This draws up the underlying tissues. When the cup is left in place on the skin for a few minutes, blood stasis is formed and localized healing takes place.



Cupping therapy has been further developed as a means to open the **'Meridians'** of the body. Meridians are the conduits in the body through which energy flows to every part of the body and through every organ and tissue. There are five meridians on the back that, when opened, allow invigorating energy to travel the whole length of the body. It has been found that cupping is probably the best way of opening those meridians.

Cupping has also been found to affect the body up to four inches into the tissues, causing tissues to release toxins, activate the lymphatic system, clear colon blockages, help activate and clear the veins, arteries and capillaries, activate the skin, clear stretch marks and improve varicose veins. Cupping is the best deep tissue massage available. Cupping, the technique, is very useful and very safe and can be easily learned and incorporated into your family health practices.

Cupping has a good penetrating effect and a big drawing strength. It has not only improved efficacy but also simplified the procedures of cupping therapy safely.

Cupping marks on the Olympic athletes back which remains for a few days sometimes:

(<http://www.cuppingtherapy.org/pages/dicolorations.htm>)

- ❖ Aids in the reduction of insomnia
- ❖ Relieves congestion, for those who suffer sinus and allergies
- ❖ Helps with some forms of constipation
- ❖ Reduces puffy eyes and “bags” under the eyes
- ❖ Before and after facial surgery (including cosmetic surgery)
- ❖ Builds and strengthen collagen fibers and increases tone and enhance facial contouring
- ❖ Rids the face or body of excess fluids and/or toxins