

## 《想要拥有满满胶原蛋白的脸蛋吗？面部刮痧让你容光焕发》

Jade scrappers are becoming just as popular as their counterpart jade rollers.

玉石刮痧板正变得和其同行玉石滚轮一样受欢迎。

Fondly referred to as the gua sha tool, this flat pebble of jade is applauded for its face chiselling ability, depuffing abilities and skin brightening properties. Named after a traditional Chinese healing method of scraping the skin with a flat tool to raise small, red, rash-like dots (Petechiae), this procedure was used to treat chronic body pain.

被亲切地称为刮痧工具，这种扁平光滑的玉石因其面部按摩、消肿和紧致皮肤功能而备受赞许。以我国传统中医疗法命名，该方法使用扁平工具刮擦皮肤使其出现小的红色皮疹样点（淤点），这个方法可用来治疗慢性身体疼痛。

In facial treatments, the scraping method of gua sha has been replaced with a gentler gliding technique to promote lymphatic drainage, thus reducing bloating.

在面部护理界，一种更加温和的滑动技术取代了这种叫做刮痧的刮擦方法，以促进淋巴回流，从而减少肿胀。

In this piece, we ' ll consider the benefits of gua sha in skincare and how to use this tool properly.

本文中，我们将细述刮痧对皮肤的好处，自己如何正确使用这种工具。

### Benefits of gua sha tool

#### 刮痧的好处



Using the gua sha tool on your face comes with a number of benefits, including:

使用刮痧工具刮脸能带来很多好处，包括：

Collagen stimulation

刺激脸部胶原蛋白再生

It improves circulation

促进循环

Softens fine lines and wrinkles

淡化皱纹线条

Reduces puffiness and inflammation

消肿消炎

Gets rid of dark circles

去除黑眼圈

Tightens the skin (temporarily)

紧致皮肤（暂时的）

Improves complexion

改善肤色

Sculpts your facial muscles

面部肌肉塑型

How to use the gua Sha tool

怎样使用刮痧工具？



Gua sha tools come in a variety of shapes; however, the fundamentals for using this tool remain the same.

刮痧工具有多种形状，然而使用这种工具的基本原理保持不变。

Apply gentle pressure and rub against your skin in even strokes in the direction of lymphatic flow. A mix of short and long strokes across the face works like a charm.

按照淋巴走向均匀用力轻柔摩擦皮肤。在脸部长刮混合短刮，能立竿见影。

You should notice changes from your very first gua sha treatment.

你应当留意首次刮痧后的变化。

These easy feather-like strokes effectively flush out the lymph from your body ' s drainage system by stimulating lymphatic flow and drainage.

这种简单的轻如羽毛般的刮拭可以刺激淋巴回流和排水，能有效将人体排水系统中的淋巴排出。

### Choosing a gua sha tool

#### 刮痧工具的选择



When choosing a tool, be on the lookout for smooth, rounded stones with a good handle. A good stone with the right curvature will fit the angles on your face providing you with more options. You can also use your gua sha tool to contour different parts of your face, including your jawline and cheekbones.

在刮痧工具的选择方面，最好选择外表光滑带有良好手柄的圆形玉石。好的玉石弯曲度合适，适合脸部角度，能给你提供更多选择。你还可以用刮痧工具按摩你脸部不同部位的轮廓，包括你的下颌的和颧骨。

Some stones also contain antimicrobial qualities that make them especially well-suited for facial treatments. Stones made from nephrite jade and amethyst are also naturally cooling, while rose quartz possesses natural calming effects.

有些玉石具有抗菌特性，尤其适合面部护理。用软玉和紫水晶制成的玉石还是自然冷却剂，而蔷薇石英拥有自然镇静功效。

The right gua sha tool made with authentic natural materials is slightly heavier.

真正用纯自然材料制成的刮痧工具略重。

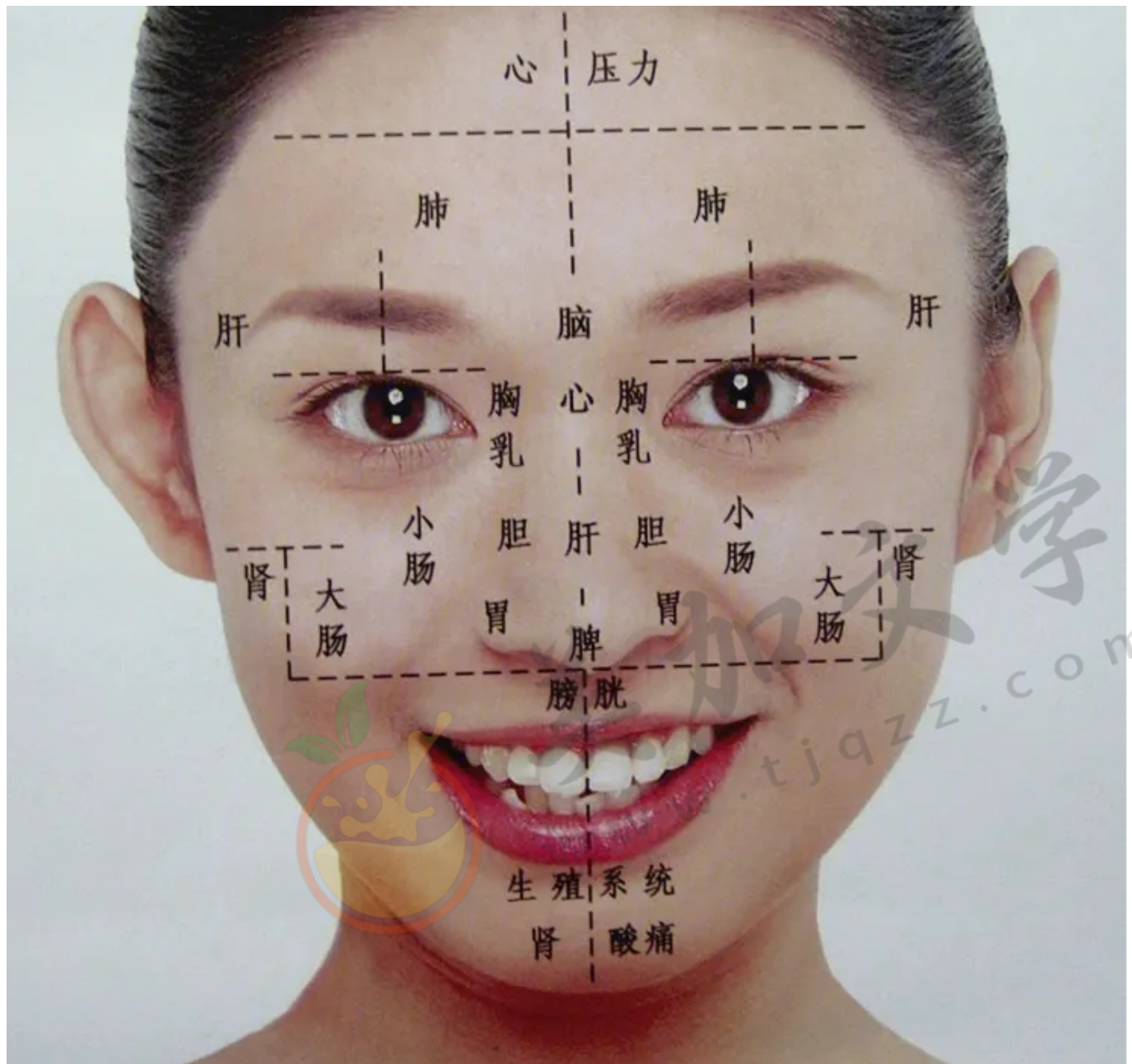
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Before using a gua sha tool, remember that while it is a non-invasive procedure, it cannot be combined with other procedures like botox or facial injections.

刮痧之前，请记住刮痧是无创手术，不可以和其他手术如肉毒素或者面部注射联合使用。