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Instructions

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Wood Therapy

Maderoterapia or Wood Therapy is a holistic massage technique that utilizes vigorous and often repetitive movements with specially designed wooden tools (massage rollers, contour scrapers and suction cups) that come in different sizes and shapes. Each wooden tool has a specific use for a particular area of the body. Maderoterapia has many holistic uses, such as it balances energy and reduces stress. In more recent years, this therapy has been used for its aesthetic benefits, since it can be used to firm and contour the body, reduce wrinkles, as well as eliminate localized fat and fight cellulite. Different wooden massage-like tools are used to help break down fat and cellulite. The wooden instruments are used to apply direct pressure to “problem areas” while naturally eliminating excess body fat.

Wood therapy can be used on the full body for lymphatic drainage purposes as well as contouring particular areas of the body. Depending on the area of the body and the reason you are performing wood therapy, will determine the technique and tool that you use. While the majority of lymphatic drainage massage takes place in the abdomen, the whole body from the face, arms, back, thighs, and legs can benefit from lymphatic drainage as well as body contouring and slimming purposes.



Wood Therapy Tools

Massage rollers is used in an up and down motion (similar to a rolling pin) on the abdomen and in other areas where there may be localized and stubborn fat that needs to be removed from the body. This tool also helps to break apart cellulite fat pockets (dimples). It improves blood circulation, shapes the muscle, and smoothes the skin. It should be used for 5 minutes with massage oil.



T Shape roller stimulates circulation and drainage in the lymph glands and will help eliminate the accumulated adipose tissue. This tool will help get rid of fat pockets in hard to reach areas and improve the appearance of cellulite while tightening the skin. Use massage oil on the body part that is being treated and move the tool up and down vertically on the treatment area.



Back roller has many uses. It can be used as a back massager to relieve pain and tension in the back. It can also be used to contour bra fat and the waist line. To relieve back pain you will use this tool simultaneously in a vertical motion on the back. To contour and get rid of stubborn bra fat and love handles, you will place the belt behind the client horizontally and move in a pulling motion from left to right and back and forth. Use massage oil when performing this treatment for best results.



Contouring board is used to contour the body while assisting in the removal of excess fat through the lymphatic system. It drains water and facilitates the reconstruction of mobilized toxins and fats. It tightens and tones the skin. An oil such as jojoba or any oil that assists with tightening skin should be used when using this board. This board should be used after you awaken the body with a slight hand massage. It should also be used after the suction cup to assist in the drainage of toxins and fats.



Cups are used to suction fat from areas of the body where the fat has already been broken down by transferring the fat to the lymph glands. The suction cups work by reducing the localized adipose tissue and drawing out toxins while stimulating healthy blood flow. The suction cup should be used after all of the roller tools have been used. Remember the roller tools are used to break down toxins. Therefore, the vacuum cups are to be used to guide the fat and toxins to lymph glands. Light massage oil should be used when using the suction cup to drain out waste. Use this for 5 minutes by placing the suction on the treatment area and lifting it up quickly and placing down on the surrounding areas and repeating the motions.



Facial roller is used to stimulate circulation and tone the skin on the face. Use this tool on the forehead, cheek and neck in an up and down motion. You may use with a face firming cream for 5 minutes on each side of the face.

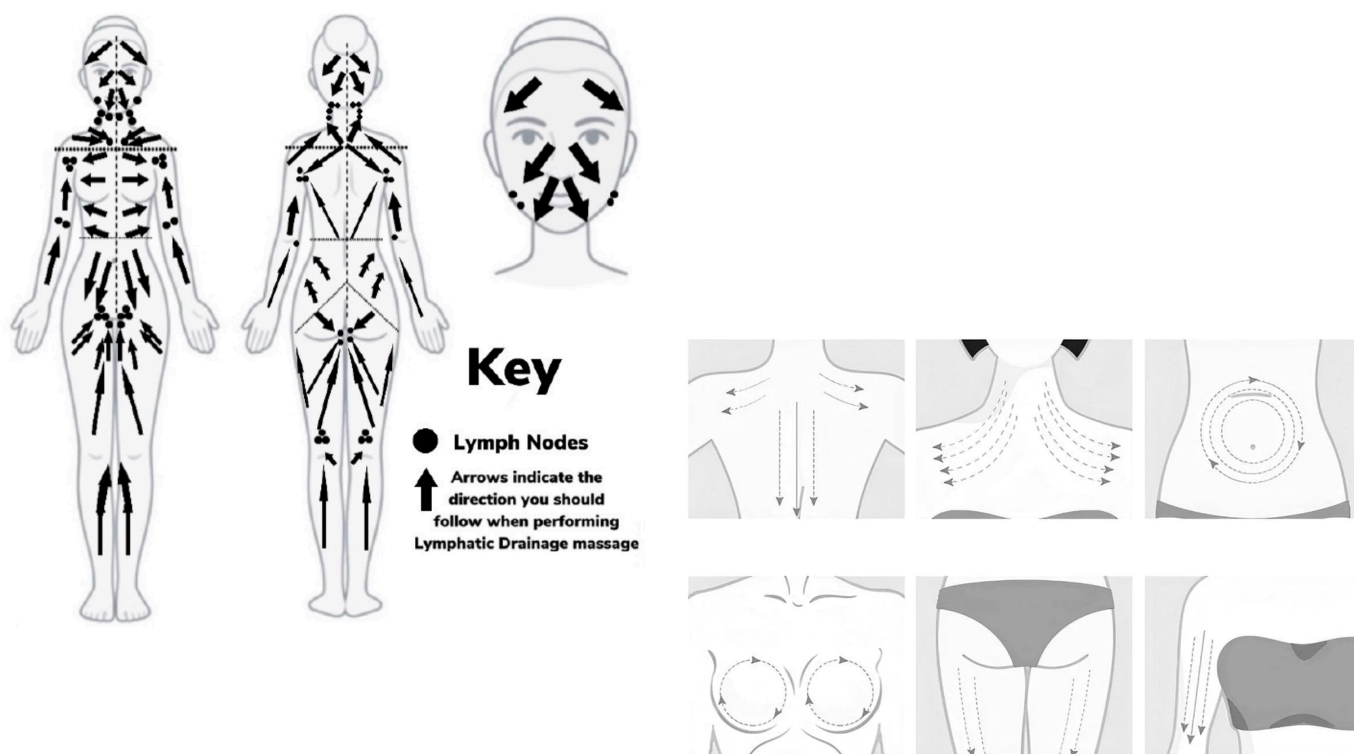
Mini contouring board is used to contour and help reduce the appearance of fine lines on the face. The Contour Board should be used after all Roller Tools.



Wood Therapy Technique

The first step is to use massage oil to make sure that your skin is well lubricated. You may use an oil that has skin firming properties. The next step is to warm up the body and prepare it for wood therapy treatment by massaging the treatment area. You may roll the skin in and out with your finger tips and the palm of your hands. After you have massaged the treatment area with your hands, you will want to select the appropriate wooden massage roller to begin the wood therapy process.

Regardless of if you are performing wood therapy for lymphatic drainage or body contouring, you will need to understand which direction the toxins and fat must go in order to leave the body. The black circles represent the lymph glands where toxins and fat are filtered through the body. The arrows represent the direction you need to push the toxins and fat when you are performing wood therapy and lymphatic drainage. You want to use the suction cup and contour board when performing this action. Those two wood therapy tools will assist in draining.



After using the wooden rollers, you will need to use the suction cup. The suction cup acts as a vacuum in the sense that you will manually use it to direct the toxins and fat to the area of the lymph glands and away from the treated area. Contour Board is used to drain the toxins and fat. This tool is crafted so that it may be used alongside the curves of the body smoothly. Depending on the area of the body you are focusing on, you will use the board to move the drainage in the direction of the arrows shown in the diagram.

When performing wood therapy on the face, you will follow the same format as the body. First begin with a face massage. Firmly massage the face in the direction shown on the diagram. After massaging the face, apply oil on to the skin. After you have applied the oil on the face you will use the roller of your choice. Firmly, but gently move the roller of your choice up and down and side to side. Be sure to move the tools in the direction of the lymph glands. You want to use the same technique as the face and for the neck. Massage the neck in the direction of the arrows in the diagram. Select your desired facial tool to begin tightening the neck. The face roller is great at reducing wrinkles and firming skin.

The next step will be to use the mini contour board. Board is used to assist in draining the waste in to the lymph glands.



For video presentation check our YouTube channel:
<https://www.youtube.com/@tuulishop/videos>



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Cleaning

A wooden massager must not be cleaned with water. Clean it with a water-based disinfectant spray, wipe with a clean cloth and let it dry. Wooden product elements are naturally dried and oiled with natural oil. Compared to plastic, wood is a natural material that lives and actively responds to impacts of the external environment. Do not expose wooden elements to moisture or rapid temperature changes. In such cases, minor deformations may occur on the wood surface, or the wooden element may even crack. The wood may feature several colour tones, ranging from a dark hue to a bright one.

