

Wood Therapy

the school of fine tuning

Licensed by The School of Fine Tuning

All Rights Reserved

No part of this publication, document or any part thereof may be reproduced or transmitted in any form or by any means, electronic or mechanical, including photocopying, recording, storage in a retrieval system, or otherwise without the prior permission of the author.



The School of Fine Tuning
Wood Therapy Madero Therapy
2022



***No un-authorized copying or reproduction is allowed, copyright to
Anna Joti Low of The School of Fine Tuning 2020
Any breach of copyright will result in legal procedure***

the school of fine tuning



COVID-19 Participation Guidelines for Students and Models

Methods of Practice

- Please complete the **COVID-19 Disclaimer** attached 24hrs before you arrive and either bring with you. There will be one on arrival for your model, or forward the form attached to them. Thank you so much.
- You will be welcomed without any contact on arrival.
- I will take your temperature with the no contact thermometer.
- Please remove your shoes at the door and leave in the porch/hallway.
- Please remove your coat/bags and place in the lined basket provided in the hall.
- You will then be invited to wash your hands.
- You may use my downstairs bathroom for your own exclusive use. This will be sanitised before you arrive and after you leave. Paper towels provided.
- Hand sanitiser will be available for your use.
- You and your model may wear a face covering if you wish, I will provide one for you, or you can bring your own. (Mask and / Or Visor for close contact work)
- I will wear a face covering and apron where necessary. If you would like to wear an apron, I have spare.
- You will then be invited into the training room where we will sit a metre apart.
- I will demonstrate on your model and you will practice on your model or one other student. (PPE for close Contact)
- Please bring your own hot cup container for tea (sealed tea bags provided) or bring your own flask of hot drink. Hot water will be available.
- Please bring your own water bottle.
- Please bring your own lunch, or, you can go out for lunch, on return you will be asked to re sanitise your hands and remove your shoes and coat.
- Please note that at present training days are 1:1 or no more than two students, for our safety.

Thank you so much for your co-operation and understanding during this time, we will have a wonderful day and I very much look forward to welcoming you to The School of Fine Tuning.

Anna Joti Low

Introduction

Thank you for your booking and welcome to The School of Fine Tuning. I am delighted that you have chosen to train with me, and I can assure you that I will offer you the very highest standard of training. At the School, we offer a wide range of accredited CPD courses to enhance your existing practice and inspire you to be the best and most creative therapist you can be, so do have a look around my website for any others that capture your interest.

This course is amazing, in that you get to workso enjoy the journey and let's get started.

Anna Joti Low Cert Ed ITEC Dip Acup www.theschooloffinetuning.com
anna@theschooloffinetuning.com



What is the origin of Wood Therapy?

It is based on an ancient Oriental technique of wood manipulation that has been practised for centuries.

What areas of the body respond best to Wood Therapy body contouring?

Reduces the "Muffin Top" around the Upper Hips Reduces "Saddlebags" on the Thighs Chisels the Waist Defines Arms and Legs Firms Thighs and Buttocks Reduces Back and Belly Fat

Does Wood Therapy have any weight-loss benefits?

The muscle manipulation speeds up metabolism to promote weight management.

In what other ways is Wood Therapy beneficial to one's health?

Wood Therapy relaxes the mind and body to reduce mental and physical tension. It also stimulates the organs and stimulates blood circulation and lymphatic drainage for improved overall health.

Wood Therapy is an effortless and efficient way of contouring the body/face without harming the skin or tissue.

Each instrument has a specific use for a particular area of the body. Wood Therapy helps diminish cellulite while toning the body/face. Wood Therapy is very effective in activating the lymphatic system and smoothing out unwanted bulges.

THE WISDOM OF MADEROTERAPIA

WOOD THERAPY | BODY TREATMENTS

- THE CALVES
- THIGHS FRONT & BACK
- FLANKS, WAIST & ABDOMEN
- BACK & ARMS
- LEGS & BUTTOCK AREA – ANTI CELLULITE
- THE BREASTS

WHAT IS WOOD THERAPY?

Maderoterapia or Wood Therapy is a holistic massage technique that utilises vigorous and often repetitive movements with specially designed wooden tools (rolling pins, 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 localised fat and fight cellulite.

Wood Therapy can be applied to the entire body and for different purposes, but most often are used for aesthetics.

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.



This procedure employs anatomically sculpted wooden implements to improve the body's size and proportions while advancing overall health. This therapy helps redefine body contours, reduce cellulite and facilitate weight loss. These instruments allow highly targeted pressure to be applied, and that pressure intensifies the breakdown of fat and fibrous cellulite so that it can be eliminated naturally with other toxins.

WOOD THERAPY | THE HISTORY

Wood therapy has been practiced for centuries in Asian countries where therapists used wood mostly for therapeutic purposes such as relieving stress and assisting with full body relaxation. Being that the tools are used similarly to massaging techniques, it wasn't long before a Colombian therapist in the 1980s, developed a novel and unique wood therapy method. By redesigning wood tools to a smoother finish so that it may be used for aesthetic purposes, this became known as Wood Therapy.

The history of Maderoterapia dates to Eastern culture thousands of years ago, where wooden elements were used to treat muscle aches. Recently science supported the idea that wood is beneficial to people's health thanks to its chemical composition, it also has a symbolic effect on the unconscious brain that can promote mental and emotional balance, as wood archetypically represents the father's energy, protection, and home.

The wooden utensils they used at the source were large and heavy, so the treatment was complicated and uncomfortable. At the end of the 21st century within the current of natural and complementary medicine in Colombia this ancient technique is rediscovered and perfected, redesigning the wooden elements to conform to the body and its use now more comfortable and effective, from here it extended throughout South America, North America and finally reached Europe.

Although in principle its use was exclusively to deal with health issues, it now brings possibilities and benefits to the world of aesthetics and a natural and painless technique that brings many benefits as well as surprising and visible results, hence its rapid growth and popularity around the world. Still a young technique that lacks exploration, it has shown that it has personality of its own and that's why it has broken into the world of beauty and it seems that it will only grow in popularity.

- 100% natural, non-invasive
- free of contraindications
- activates lymphatic system
- eliminates toxins
- speeds up metabolism
- breaks down cellulite
- tones
- tightens
- reduces size

This incredible treatment, originating in South America, sculpts and contours the body. The sculpting service begins with specially designed Wood Sculpting tools to contour the body, reduce cellulite, tone skin, and help with blood circulation and to activate the lymphatic system. The tools are used over parts of the body for approximately 20 – 35 minutes while paying special attention to designated problem areas. A course of 10 treatments is required for best results.

WOOD THERAPY | THE BENEFITS

The benefits of Maderoterapia are innumerable, among the most important we can highlight the following:

- Reaffirms and tones the layers of the skin.
- Renews the emulsified mantle of the skin.
- Improves blood circulation.
- Regulates the operation of the lymphatic system.
- Improves the production of elastin, vitamins, and collagen.
- Reactivates the nervous system.
- Strengthens the immune system.
- Promotes the elimination and reduction of localised fats.
- Reduces stress and anxiety.
- Relieves muscle and osteoarticular pains.
- Helps fight and eliminate cellulite.
- Elevates, firms and tones muscles.
- Avoid muscle and tension overloads.
- Improves and promotes the removal of liquids.
- Promotes relaxation and sleep.



WOOD THERAPY | CONTRA-INDICATIONS

The contraindications of Wood Therapy are few and include the following:

- Pregnant women
- Clients with or in remission from Cancer
- Kidney disease
- Varicose veins
- Allergies to certain types of wood

In some of these cases Wood Therapy may be applied under the consent of a medical professional and its supervision.

These include:

- Diabetes
- Cardiovascular Disease
- Epilepsy

- Muscular disorders
- Anyone taking steroids, anti-depressants, or blood thinners.
- Recent operation
- Osteoarthritis
- Metal pins or plates
- Pacemaker or electrical device implant

the school of fine tuning

WOOD THERAPY | BODY TOOLS



CONTOURING BOARDS



The 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 mobilised 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.

SPIRAL ROLLER

The spiral Roller is used in an up and down motion (like a rolling pin) on the abdomen and in other areas where there may be localised 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 smooths the skin. The Spiral Roller should be used in conjunction with the engraved and cubed roller interchangeably. It should be used for 5 minutes with massage oil.

ENGRAVED ROLLER



The engraved 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 and improve the appearance of cellulite while tightening the skin. This tool should be used with the Spiral Roller and Cubed Roller interchangeably. Use massage oil on the body part that is being treated and move the tool left to right horizontally and up and down vertically on the treatment area.

CUBED ROLLER



The cubed Roller is used in a circular motion moving the tool clockwise and counter clockwise interchangeably on the treatment area. This tool also helps to break apart cellulite fat pockets (dimples). This tool will help get rid of fat pockets and improve the appearance of cellulite while tightening the skin. The Cubed Roller fits perfectly to the hips, waist, stomach, legs, butt, arms, and hands. It will help to reduce localised fat. This tool should be used with the Spiral Roller and Engraved Roller interchangeably. Use massage oil on the body part that is being treated and perform treatment for 5 minutes.

INDENTED SPIRAL ROLLER



The Indented Spiral Roller is used for treatment areas that have curves. This tool should be used in a vertical motion like a rolling pin. This tool can be used on the love handles, side breast, arms, hips, and legs. This tool will assist in firming and toning the skin as well as reducing the cellulite and fat in trouble areas. This tool should be used for 5 minutes with massage oil.

T SHAPE ROLLER

The 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 / BELT



The back Roller has many uses. It can be used by as a back massager to relieve pain and tension in the back. It can also be used to contour bra fat and the waistline. 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.

VACUUM SWISS CUPS



Vacuum Swiss 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 localised adipose tissue and drawing out toxins while stimulating healthy blood flow. The suction cup should be used after all 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.

MUSHROOM CUP

The mushroom Cup is used to assist in the reduction of cellulite. This tool may also assist in tightening and toning areas where the skin is a bit loose. Use massage oil when performing this treatment. Place the mushroom cup on the treatment area and while pressing firmly on the skin, move the tool in a circular motion for 5 minutes.

WOOD THERAPY | FACE TOOLS



FACIAL SMOOTH ROLLER

Facial Smooth 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.

FACIAL ENGRAVED ROLLER

Facial Engraved Roller decreases puffiness in 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

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.

PEAR ROLLER

Pear Roller is used to thin the face and neck while reducing wrinkles. Use this tool with face firming cream or oil in an up and down motion for 5 minutes.

FACIAL SPHERE ROLLER

Facial Sphere Roller is used to contour the face and define angles. This tool can be used on the chin with face firming cream. Move the Facial Sphere Roller in an up and down motion for 5 minutes.

FACIAL SUCTION CUP

Facial Suction Cup is used to suction fat and toxins from stubborn areas in the face by transferring them to the lymph glands. Apply a face cream or oil on to the face. Then, place the suction cup on to the face and lift it quickly, while moving in the direction of the lymph glands.

NECK AND JAWLINE ROLLER

Neck and Jawline Roller is used to tighten and tone the skin on the neck and jawline and assist in collagen production. With cream and oil applied on the face, move this tool in a vertical and horizontal direction. Push the tool forward and pull it backward on the treatment area.

the school of firm tuning

THE INTEGUMENTARY SYSTEM

FUNCTION OF THE SKIN

The skin has many functions, these include:

- **Secretion** – The skin secretes sebum from the underlying sebaceous glands. This natural oil helps to keep the skin supple.
- **Heat Regulation** – The body temperature is regulated through the skin. Sweating helps to cool the skin, while shivering helps to warm the body up.
- **Absorption** – Substances can be absorbed through the skin which can be transported into the blood stream.
- **Protection** – The skin acts as a protective barrier against germs and bacteria. The skin also contains Melanocytes, which produce Melanin, and this helps protect the skin against UV radiation.
- **Excretion** – The skin contains sweat glands, which help to excrete excess waste and toxins out of the body.
- **Sensation** – The skin contains thousands of nerve endings which act as sensors for pain, Heat or cold.
- **Vitamins** – The skin helps make Vitamin D, which is created by a chemical reaction to Sunlight

THE SKIN

A human being consists of organs and glands, and bones and muscles, all of which are covered and held in place by the skin. Lying directly above the muscles and under the skin is a layer of fatty tissue known as the hypodermis or subcutaneous layer. The skin itself consists of two main sections known as the dermis and epidermis.

- The dermis is the main body of skin. It is made of connective tissue which, in turn, is connected by a basement membrane to the epidermis.
- The epidermis forms five distinct layers of epithelial tissue that make up the surface of the skin.

DERMIS

As the main body of the skin, the dermis is often known as the true skin. It is formed from areolar connective tissue and contains many vital structures including circulatory vessels, nerves, two types of glands – sebaceous and sweat glands – and tiny involuntary muscles (arrector pili muscles) together with the hair and hair follicles.

The bulk of the dermis is known as the reticular layer. It contains protein fibres – collagen – elastin and reticulin which contribute to the skin's resilience, elasticity, and strength.

The reticular section of the dermis also contains a host of specialised cells including:

- **Fibroblasts** – responsible for producing areolar tissue, collagen, elastin and reticulin fibres
- **Phagocytic cells** – which help to defend the body by destroying bacterial invaders
- **Mast cells** – which produce histamine when the skin is damaged or irritated, allowing more blood to flow to the area for assistance.

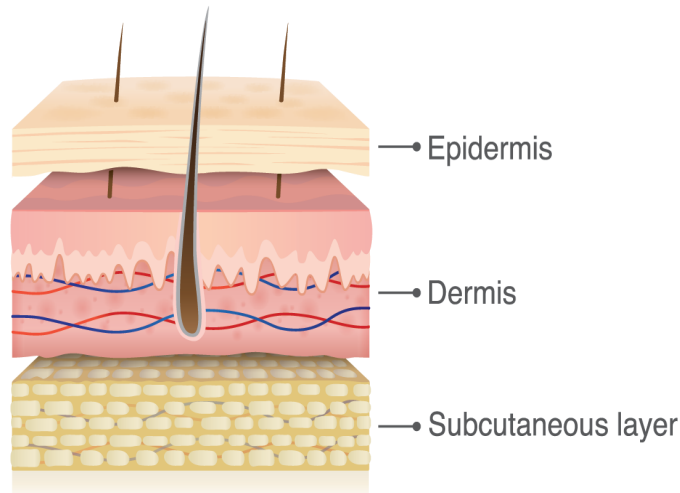
EPIDERMIS

The uppermost section of the skin, the epidermis, is made up of five distinct layers or strata of cells which collectively form stratified epithelial tissue.

A basement membrane forms the connection between the dermis and the epidermis, through which the tiny papillae penetrate. The epidermis provides the outermost section of the skin, from which individual hairs protrude and onto which sebum and sweat are released. The surface skin cells, hairs, sweat and sebum serve to form a protective barrier that is both resilient and strong enough to withstand superficial attack. Over a period of approximately one month, the cells of the epidermis travel up from the basement membrane to the surface changing as they enter each distinct layer. Most skin cells are known as keratinocytes. Keratinocytes are cells capable of producing the protein keratin which is responsible for forming the surface of the skin, hair, and nails. The layers of the epidermis can be divided into sections or zones including a germinating (growing) and a keratinisation (hardening) zone. The keratinocytes in the germinating zone are healthy, living, reproducing cells.

However, when they reach the keratinisation zone, they begin to undergo a series of changes. These changes result in the hardened and dead cells that are continuously being shed from the skin's surface in a process known as desquamation.

The thickness of the layers that form the skin varies across the body. Skin is thickest on the soles of the feet and thinnest over the eyelids.



As a result of the structure of the skin, individuals experience several differences in its development and function. For example, variations may be:

- Inherited, i.e., related to genetic factors such as race, etc.
- Hormone related, i.e., imbalances during puberty, pregnancy, menopause, etc.

A unique characteristic of the epidermis is its ability to regenerate tissue continuously. This process of shedding and renewing and renewing of epidermal tissue is called desquamation, taken from the Latin 'desquamatus' that means to scale off.

The outer layer of healthy skin is moist and approximately 10% water. Intercellular cement is the lipid substance between the cells of the epidermis that keep the skin from dehydrating and helps to shield the skin from aggravating substances.

There are 5 layers of the epidermis, and they have no blood vessels.

In order of their distance from the surface:

- **Stratum Corneum:** Horny Layer: The outer layer of skin. This layer is the thickest of the epidermal layers and is exposed to the outer elements. The cells in this layer are dry and flat. This layer may have between 18-23 layers of flat dry cells that are cemented together by lipids, peptides, sebum, and ceramides.
- **Stratum Lucidum:** Is only present on the palms and soles of the feet. Thickness may vary from 0.5 to 0.8MM on the palms and soles of the feet and can be less than 0.1mm on the eyelids.
- **Stratum Granulosum:** In this layer the lipids separate from the keratin (a non-living substance), and cells lose a considerable amount of fat and moisture. These cells are approximately 80% keratin and less than 20% water.
- **Stratum Spinosum:** This layer is several layers thick and flattens out as it rises upwards. It is called the spiny or prickle cell layer due to the spiky appearance of the cells.
- **Stratum Germinativum:** The Basal layer is the only living layer of the epidermis where mitosis takes place. Mitosis is the process by which body cells divide to form two identical cells. This layer of skin does not have any blood vessels in it. Melanin is also found in this layer.

Papillary Layer: This Layer of skin is directly below the epidermis.

Reticular Layer: This Layer contains the following:

- Lymph Vessels.
- Oil Glands.
- Blood Vessels.
- Hair Follicles.
- Sweat Glands.
- Fat Cells.
- Arrector pili muscles.
- Collagen

One Square inch of skin contains:

- 9,500,000 Cells
- 65 Hairs
- 19-20 Yards of Blood Vessels
- 13 Sensory apparatuses for cold
- 19,500 Sensory cells at the ends of nerve fibres
- 1,300 nerve endings to record pain
- 650 Sweat glands
- 95-100 Sebaceous glands
- 78 sensory apparatuses for heat
- 78 yards of nerves
- 160-165 pressure apparatuses for the perception of tactile stimuli.

HYPODERMIS OR SUBCUTANEOUS LAYER

The hypodermis is formed from two types of connective tissue, areolar and adipose. Areolar tissue forms a loose network of cells providing strength to protect underlying structures, elasticity to cope with an increase or decrease in body size and support for the blood vessels and nerve endings which service it. Adipose tissue contains fat cells that provide the body with a source of insulation, protection, and energy.

SUBCUTANEOUS FAT

Subcutaneous adipose tissue was once thought to be nothing more than a storage device with a pre-determined number of cells and of limited purpose. Now it is recognised as a complicated organ with essential endocrine and metabolic functions.

An increase or decrease in adipose tissue mass as seen in those with anorexia or obesity have significant effects on multiple systems of the body such as the immune or reproductive system.

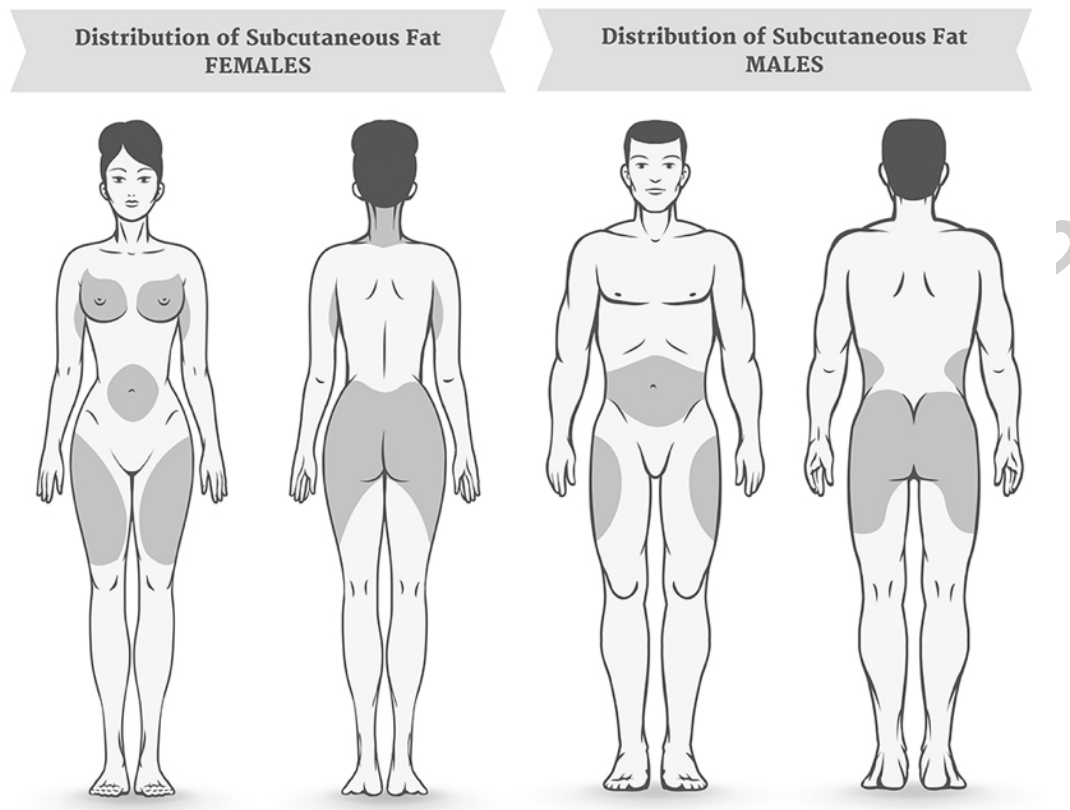
There are two types of adipocyte cells. These are brown and white cells that not only vary in colour but also in function and each have different vascular and nerve supplies.

It has been well accepted that subcutaneous fat is an important component of the skin however the physiology of fat is still poorly understood by dermatologists. The demand for fat removal, redistribution or manipulation of fat cells are as popular as ever.

There are many conditions that affect the distribution of fat cells within the body. Studies have shown that there is a link between obesity and high death rates due to cardiovascular disease and diabetes. Men and women carry fat differently. Men carry fat in the upper mid-section of the body called android or male-type obesity also referred to as visceral obesity. Women store fat on the lower parts of the body known also as the gluteofemoral region and is known as gynoid or female obesity. The excess of this also can be associated with higher grades of cellulite.

The structure of fatty tissue is divided into two layers separated by a superficial fascia. The external layer (areolar layer) comprises of vertically orientated globular large adipocytes. The deeper of the layers – known as the

lamellar layer has horizontally arranged cells that are smaller in size but with much larger and more numerous blood vessels. The areolar layer is much thicker in women and children and thus is thicker in the gynoid areas. During puberty the development of fatty tissue is more robust in women than in men. This is due to an increase in oestrogen that stimulates the replication of adipocytes. These adipocytes are much more stable metabolically and resistant to lipolysis.



There are only a few hormones that can affect lipolysis in adipocytes, and these are known as catecholamines (epinephrine and norepinephrine which are lipolytic) and insulin (which is antilipolytic).

The SMAS layer is a thin layer of strong connective tissue on the face that loosens and descends as we age. SMAS stands for Sub-Muscular Aponeurotic System, it is probably the most important support structure for the face. It surrounds and connects the skin to the deeper tissue and muscles that are responsible for facial expressions.

As we age, the SMAS membrane starts to lose its elasticity, and this leads to a cascading effect on the face. Cheeks start to sag along the jaw line resulting in fleshy jowls, brows droop resulting in hooded eyelids, a double chin starts to appear, and nasolabial folds become more noticeable.

SKIN FACTS

The skin is the largest organ of the body and together with the hair and nails performs many vital functions including protection, temperature regulation, absorption, secretion, excretion, sensation, and the production of vitamin D to help maintain homeostasis.

- Acid mantle creates a protective barrier formed from a combination of surface dead skin cells (stratum corneum), sweat and sebum, which collectively have an antiseptic, bactericidal effect on the skin.
- Melanin produced in the stratum germinativum as a direct result of exposure to the sun's rays protects underlying structures. Melanin moves up the layers and has the effect of darkening the skin.
- Hair and nails form hardened protrusions that create protective coverings. Both hair and nails originate from the stratum germinativum where cells differentiate to form the specific protective structures.

- Fat cells in the hypodermis provide a protective layer that cushions the body against damage and insulates the body by retaining heat. Fat cells also provide a vital energy reserve when required by the body.
- Sweat is produced in the skin when core body temperature rises. The heat of the skin evaporates the sweat producing a cooling effect on the body. Small amounts of waste products are also excreted with sweat.
- Goose bumps are produced by the arrector pili muscle in response to a drop-in core body temperature. This has the effect of trapping warm air beneath the slightly lifted hairs.
- Absorption of moisture takes place on the surface of the skin and is controlled by the acid mantle and the cells of the stratum lucidum. The skin can absorb substances like essential oils into the dermis.
- Secretion of the skin's natural oil sebum from the sebaceous glands contributes to the suppleness of the skin and the lustre of the hair. Sebaceous glands respond to hormonal changes becoming over- or under-active.
- Sensations associated with touch, i.e., changes in pressure, pain and temperature are picked up by sensory nerve endings in the skin, relayed to the central nervous system and interpreted by the brain.
- Vitamin D is produced in the skin by a chemical reaction when the skin is exposed to the sun. Vitamin D helps the body store calcium which is vital for the maintenance of the bones.

SUBCUTANEOUS TISSUE ANATOMY & HISTOLOGY

A person's body layout depends on:

- Pattern of adipocytes distribution
- Increased size of fat cells (hypertrophy)
- Enlargement of the number of adipocytes (hyperplasia)
- Fat-cell replication by post adipocytes
- Eating and exercise habits
- Poor lymphatic drainage

ADIPOSE TISSUE

Adipose tissue is a specialised connective tissue consisting of lipid-rich cells called adipocytes. As it comprises about 20-25% of total body weight in healthy individuals, the main function of adipose tissue is to store energy in the form of lipids (fat). Based on its location, fat tissue is divided into parietal (under the skin) and visceral (surrounding organs).

Dependent on adipocyte morphology, there are two types of adipose tissue:

- White adipose tissue - mainly found in adults
- Brown adipose tissue - mainly found in new-borns

Besides energy storing, fat tissue has several other important functions in the human body. These include thermal isolation, cushioning the organs, an endocrine role, and production of numerous bioactive factors.

STRUCTURE AND LOCATION

Adipose tissue is distributed within two compartments of the human body:

- Parietal or subcutaneous fat, which is embedded in the connective tissue under the skin
- Visceral fat, which surrounds the internal organs, such as eyeballs (periorbital fat) or kidneys (perirenal fat capsule).

Like every other tissue, adipose tissue consists of cells and extracellular matrix. The cells are the most abundant structural elements of this tissue, predominating over the small amount of extracellular matrix. The main cells that compose adipose tissue are called adipocytes. Besides adipocytes, several other cell types are present; preadipocytes, fibroblasts, capillary endothelial cells, macrophages, and stem cells. These non-adipocyte cells collectively form the stromal vascular fraction, and their main function is to support and protect the adipose tissue.

The extracellular matrix is produced by both adipocytes and stromal cells. It consists of a fine network of reticular fibres (type III collagen), whose function is to hold the cells in place. Adipose tissue is richly supplied with blood vessels and unmyelinated nerve fibres. On histology slides, these structures are usually found within the meshwork that separates neighbouring adipocytes. Mast cells are also present here.

FUNCTIONS

The most important role of white adipocytes is energy storage. They store fat in the form of triglycerides inside their cytoplasmic lipid droplets, which helps to maintain free fatty acid levels in the blood. For a long time, adipose tissue has been considered only as a passive fuel reservoir. Now, it is also considered to be an **endocrine organ** which secretes several bioactive factors (**hormones, growth factors, cytokines**). The most important adipose tissue hormones include leptin (satiety factor) and adiponectin. These bifactors circulate through the organism and carry information to other metabolically active organs such as liver, pancreas, muscle, and brain. These factors are of key importance in the pathophysiology of many metabolic disorders (e.g., type 2 diabetes mellitus).

Different localisations of the adipose tissue have different roles in the human body. For example, abdominal fat has a different metabolic profile than the rest of the fat in the body, and it has the biggest influence in inducing insulin resistance. Parietal fat has an important role in thermoregulation, while visceral fat provides the cushion-like support for internal organs, protecting them from mechanical injuries. During reduced caloric intake, the amount of parietal adipose tissue decreases, while the visceral fat remains undiminished.

In contrast to white, brown adipose tissue transforms chemical energy into heat. That way it prevents obesity, other metabolic disorders, and hypothermia.

The functions of adipose tissue are as follows:

- Store energy
- Provide thermal insulation
- Act as a physical shock absorber
- Provide "sex appeal"

The deep subcutaneous fat in humans has a gender specific distribution. The development and location of individual pads of depot fat are manifestations of sexual dimorphism. Men have more fat in the upper body, whereas women have more fat on the lower extremities.

- Adipose tissue, or fat, is an anatomical term for loose connective tissue composed of adipocytes.
- Its main role is to store energy in the form of fat, although it also cushions and insulates the body.
- Obesity in animals, including humans, is not dependent on the amount of body weight, but on the amount of body fat - specifically adipose tissue.
- In mammals, two types of adipose tissue exist: white adipose tissue (WAT) and brown adipose tissue (BAT).
- Adipose tissue is primarily located beneath the skin but is also found around internal organs.
- In the integumentary system, which includes the skin, it accumulates in the deepest level, the subcutaneous layer, providing insulation from heat and cold.

Around organs, it provides protective padding. It also functions as a reserve of nutrients.

WHITE ADIPOSE TISSUE

The adipocytes in white adipose tissue are organised into lobules by connective tissue septa. The septa contain collagen fibres, nerve endings, blood, and lymph capillaries. Extracellular matrix of white adipose tissue is made of reticular fibres and contains non-residential cells of adipose tissue (e.g., inflammatory cells).

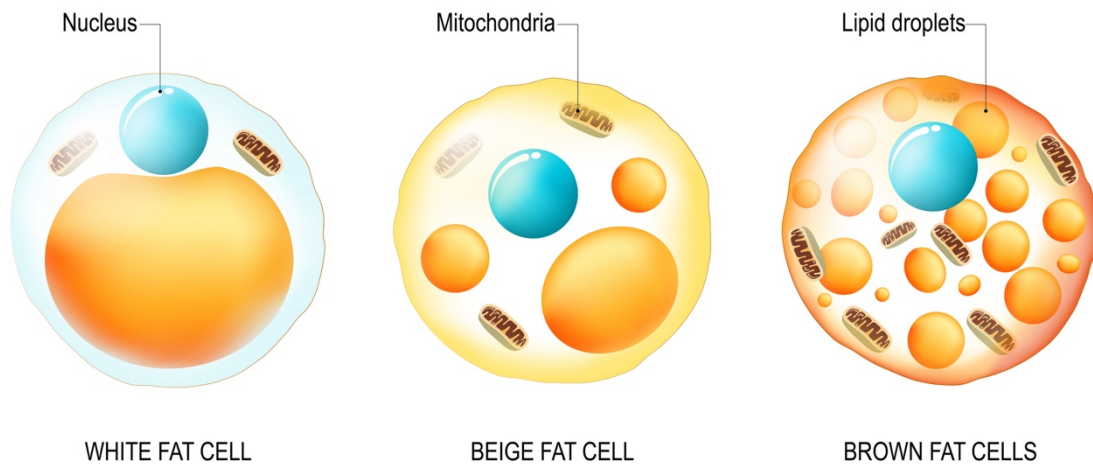
On a histology slide, the adipocytes appear empty with a thin rim of cytoplasm close to the basal lamina. This is described as "signet ring" appearance of the unilocular tissue. This is because the intracellular fat droplet gets dissolved when dyed with standard histology staining methods (H&E staining).

White adipose tissue is the predominant type in adult humans. The greatest portion of this tissue is in the hypodermis of the skin. This layer of subcutaneous fat is also known as panniculus adiposus. The thickness of this layer depends mainly on localisation and gender. For example, women have more unilocular adipose tissue in the thigh and breast regions. In comparison, men have more abdominal fat. White adipose tissue can be found in other parts of the human body such as the retroperitoneal space, greater momentum, mesentery and surrounding the organs (for example kidney, heart, eyeballs). It's also present in the bone marrow and other tissues where it usually fills in the spaces between the cells.

BROWN ADIPOSE TISSUE

In contrast to white adipocytes, brown adipocytes have the appearance of a sponge due to the multiple droplets in the cytoplasm. Groups of adipocytes are divided into lobules by connective septa, which contain a substantial amount of blood vessels and unmyelinated nerve fibres. The extracellular matrix between individual cells within the lobules is sparse.

Adipocytes



Brown adipose tissue is usually located in the body of the new-borns, and it makes about 5% of their body mass. New-borns have much less subcutaneous fat than adults, which is why they are predisposed for hypothermia. To prevent lethal hypothermia, new-borns have a large amount of brown adipose tissue, which has a great capacity for thermogenesis. With age, the amount of brown adipose tissue decreases, but it remains widely distributed throughout the body until puberty. Finally, in adults, the brown fat disappears from most sites. It remains in some regions only, such as retroperitoneal space, around major vessels, deep cervical and supraclavicular regions of the neck, interscapular, paravertebral regions of the back and mediastinum.

ADIPOCYTES

Adipocytes (adipose cells, fat cells) are the building blocks of adipose tissue.

There are three types of adipocytes that constitute two different types of adipose tissues:

- White adipocytes - main cells of the white adipose tissue
- Brown adipocytes - chief cells of the brown adipose tissue
- Beige adipocytes - recently discovered type, found dispersed within white fat tissue

These cell types differ in their morphology and function.

White adipocytes are mainly present in white adipose tissue. Their shapes range from spherical (when isolated) to oval or polyhedral (as part of adipose tissue). The largest part of the cell is filled with a single (unilocular) lipid droplet that pushes and flattens the nucleus to the periphery of the cell. The cytoplasm forms a thin sheath around the droplet and contains a few mitochondria inside. The lipid droplets usually get lost during routine preparation of histological slides, which makes white adipose tissue appear as a delicate net of polygonal structures. These cells store fat.

In contrast to white adipocytes, **brown adipocytes** are smaller in size and have the lipids contained in multiple lipid droplets (multilocular morphology). The droplets surround the centrally positioned nucleus. Brown adipocytes have plenty of mitochondria dispersed between the droplets which give these cells their brown appearance. The cytoplasm also contains Golgi apparatus, and only a small number of ribosomes and endoplasmic reticulum. These cells produce heat (thermogenic adipocytes). Same as in white adipocytes, the lipid droplets get lost in brown adipocytes as well during routine histological preparation. They are seen as a network of cells filled with numerous empty vacuoles.

Beige adipocytes are a distinct type of brown-like thermogenic adipocytes with multilocular morphology. They exist mainly in subcutaneous fat, but a small portion can also be found in visceral fat.

Every adipocyte is surrounded by a thick basal lamina containing collagen IV as a major component, like the cells of bone and cartilage. The strong external membrane of adipocytes is of key importance for resilience to mechanical stress and disruption.

HORMONES

Hormones are special chemical messengers in the body that are created in the endocrine glands. These messengers control most major bodily functions, from simple basic needs like hunger to complex systems like reproduction, and even the emotions and mood. Understanding the major hormones and what they do will help clients take control of their health.

WHAT DO HORMONES DO, EXACTLY?

The body has many different hormones, but certain types have a bigger role to play in the body's health and well-being. Understanding these roles is important for those looking to protect and manage their health.

For women, oestrogen (or Oestradiol) is the main sex hormone. It causes puberty, prepares the body and uterus for pregnancy, and regulates the menstrual cycle. During menopause, oestrogen level changes cause many of the uncomfortable symptom's women experience.

Progesterone is like oestrogen but is not considered the main sex hormone. Like oestrogen, it assists with the menstrual cycle and plays a role in pregnancy.

Cortisol has been called the "stress hormone" because of the way it assists the body in responding to stress. This is just one of several functions of this important hormone.

Melatonin levels change throughout the day, increasing after dark to trigger the responses that cause sleep.

Testosterone is the main sex hormone in **men**. It causes puberty, increases bone density, triggers facial hair growth, and causes muscle mass growth and strength.

When they are in proper balance, hormones help the body thrive, but small problems with hormones can cause serious and life-altering symptoms..

THERE IS FOUR TIMES MORE LIVE FLUID IN THE BODY AS THERE IS BLOOD!

If the lymphatic system ceased for 24 hours, death would occur because of trapped blood proteins and fluid around cells.

INTERSTITIAL FLUID

Interstitial fluid is a thin layer of fluid which surrounds the body's cells. Interstitial fluid has become useful in the monitoring of glucose levels in people with diabetes.

Whilst interstitial is very rarely mentioned in everyday conversation, it plays an important role in our body and makes almost 40% of the water in our body, accounting for about a sixth of our body weight.

ROLE OF INTERSTITIAL FLUID

Interstitial fluid acts as a kind of fuelling station in terms of nutrients for our cells. Interstitial fluid contains glucose, salt, fatty acids, and minerals such as calcium, magnesium, and potassium. The nutrients in interstitial fluid come from blood capillaries. Interstitial fluid can also hold waste products which result from metabolism.

INTERSTITIAL FLUID, CONTINUOUS GLUCOSE MONITORING AND DIABETES

Interstitial fluid has allowed new diabetes monitoring technology to be developed. Continuous glucose monitors (CGM) are machines which measure the glucose level within interstitial fluid. A small sensor is inserted just under the skin, and this is left in place for several days. The sensor is then able to read the glucose level within the surrounding interstitial fluid and send these readings to a display once every few minutes.

INTERSTITIAL FLUID AND BLOOD SUGAR LEVELS

The glucose level in interstitial fluid is not quite the same as that in our blood so a continuous glucose monitor will apply a formula to give a close guideline of what our blood glucose level is likely to be at that point in time. It is important to note that glucose levels in our blood rise and fall ahead of glucose levels in our interstitial fluid.

The glucose level provided by a continuous glucose monitor will experience around a 10-minute delay compared with the glucose level given by a blood glucose meter.

ALLOW ME TO FORMALLY INTRODUCE YOU TO INSULIN

How does the body regulate insulin and what happens when we eat a meal that contains carbohydrates for example? These carbs get broken down and into smaller carbs and enter the blood stream in the form of glucose, which is a sugar (aka "blood sugar.") The body recognises this spike in blood sugar and starts producing insulin (just thinking about eating up-regulates insulin production) This insulin is a hormone - the hormone - that tells the body to remove glucose from the blood and store it as fat.

MORE CARBS = MORE BLOOD SUGAR. MORE BLOOD SUGAR = MORE INSULIN. MORE INSULIN = MORE FAT STORAGE.

Now of course this is an oversimplification of the getting-fat process. Blood sugar isn't always stored as fat plus protein influences insulin (but it's markedly less severe) HOWEVER, as far as oversimplifications go, it's a useful one. ***We need to eat less carbohydrates, to produce less insulin, to store less fat. Let's look at the other side of the coin: How do we break fat down?***

HORMONE-SENSITIVE LIPASE

Hormone-Sensitive Lipase (HSL) is an enzyme that hangs out in the fat cells. Enzymes are substances inside the body that act as a catalyst to make biochemical reactions occur. So, this HSL hangs out inside fat cells and breaks down triglycerides (the storage form of fat) into fatty acids (the move-around-the- body form of fat.) This fatty

acid can be used directly as energy or be further broken down to create glucose. Yes, the same glucose as carbohydrates. The body does this (constantly) to provide a sort of energy buffer.

Here's the real problem. When insulin levels are elevated, HSL is down-regulated. If HSL drives fat breakdown, insulin cuts the breaks. It makes sense. Insulin levels elevate when our blood is full of sugar (in a normal, healthy body.) Our body doesn't need to mobilise fat tissue when our system is teeming with energy. When you eat carbs, it breakdowns less fat. Zooming back out, we come to a simple conclusion. Fat accumulation, in a large way, can be blamed on a carbohydrate rich diet because those little (tasty) carbs increase fat storage and decrease fat breakdown.

AGE AND SEX

Age is a factor in developing hard belly fat because as we get older the metabolism slows, meaning the rate at which the body burns calories goes down and the risk for accumulating excess fat goes up. The average person can gain 1 to 2lbs annually in the belly region between ages 35 and 55. As we age, muscle mass decreases, which is significant because muscle burns more calories than fat. This means that although the body may not have an increased calorie intake, and because the body does not need as much fuel to maintain itself, the excess gets stored as fat.

Sex is a factor as well. Men are more prone to storing fat in the belly throughout their life. With women however, the onset of menopause sometimes leads to a shift in where fat gets stored, from the thighs to the belly.

OBESITY

In an obese person, excess adipose tissue hanging downward from the abdomen is referred to as a panniculus. A panniculus complicates surgery of the morbidly obese individual. It may remain as a literal "apron of skin" if a severely obese person quickly loses large amounts of fat (a common result of gastric bypass surgery). This condition cannot be effectively corrected through diet and exercise alone, as the panniculus consists of adipocytes and other supporting cell types shrunken to their minimum volume and diameter.

The idealised male figure has been represented as athletic, showing a maximum of muscle definition and a minimum of fat. In contrast, the idealised female figure has a softer appearance and more alluring curves.

TYPES OF BODY FAT

VISCERAL FAT

It's important to understand the differences between visceral and subcutaneous fat. The fat you can pinch on the waist, arms, legs or anywhere else is all subcutaneous fat, stored just beneath the skin. Visceral fat is a different type of fat: the deep, internal fat packed around the abdominal organs — sometimes also referred to as abdominal fat. Healthy levels of visceral fat help insulate and protect the organs and play a role in the endocrine and immune function. In excess amounts however, visceral fat can spell serious trouble for body performance and its health.



EPICARDIAL FAT

It's a particular form of visceral fat found around the heart which might significantly affect the cardiac function.

SUBCUTANEOUS FAT

Everybody is born with subcutaneous fat.

Aside from genetics, people typically have greater amounts of subcutaneous fat if they:

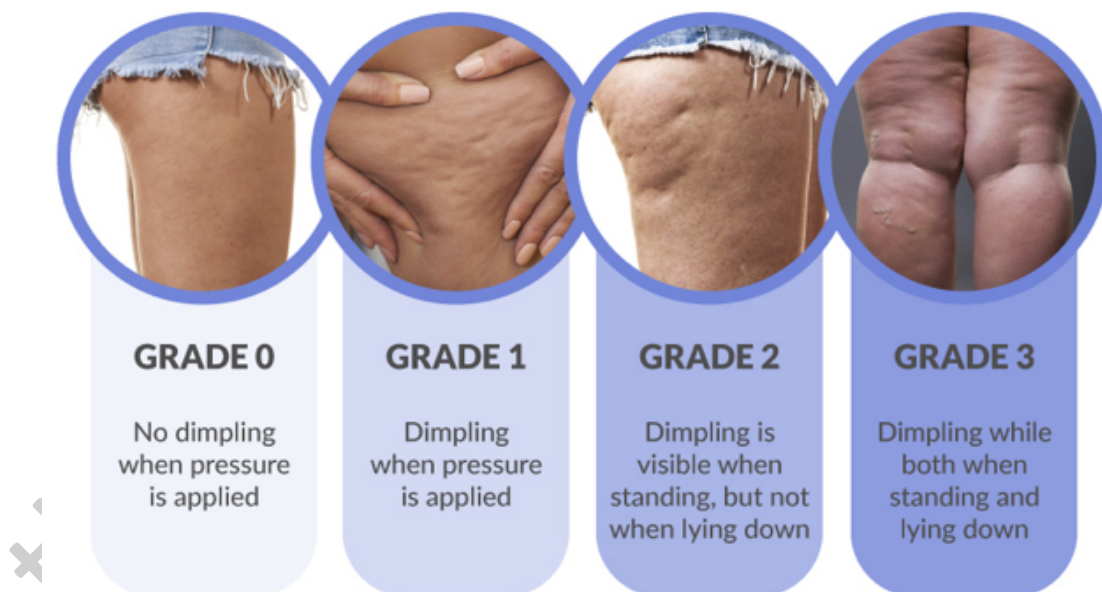
- eat more calories than they burn
- are sedentary
- have little muscle mass
- get little aerobic activity
- have diabetes
- are insulin resistant

ADIPOSE TISSUE DISTRIBUTION IN MEN AND WOMEN

Where fat is concentrated in the body depends upon whether you are a woman or man. An adult man tends to carry body fat on his chest, abdomen, and buttocks, producing an 'apple' shape.

Adipose tissue located predominantly in the upper body, had been called android. The visceral fat percentage increase as body fat increases.

CELLULITE



CELLULITE IS DIVIDED INTO GRADES BASED ON ITS SEVERITY

Cellulite is a condition of human adipose tissue. It is characterised by padded and nodular appearances on the skin in areas prone to cellulite such as the thighs and buttocks. Cellulite is found primarily in women and is caused by a change in skin topography caused by herniation of subcutaneous fat within the connective tissues.

Cellulite is different from obesity and is seen in women with any body mass index (BMI).

Cellulite is a result of various factors such as:

- **Gender** – cellulite predominantly affects women.
- **Ethnicity** – Asian women are less likely to suffer from cellulite than European women.
- **Diet** – a high carbohydrate diet causes hyperinsulinemia and promotes lipogenesis that can lead to an increase in total body fat and enhance the appearance of cellulite.
- **Sedentary lifestyle** – prolonged periods of sitting or standing inhibits blood flow leading to a lack of microcirculation in the areas prone to cellulite.
- **Pregnancy** – hormones and increased water retention lead to promote cellulite lipogenesis.

Cellulite is characterised by the presence of fatty protrusions through the dermo hypodermal junction. Cellulite can be separated into three main grades based on its severity.

GRADE 1 cellulite is characterised by smooth skin with no visible signs of dimpling when lying down or standing up. The skin however, when pinched, shows a mattress type configuration.

GRADE 2 cellulite is a dimpled appearance present upon standing but will disappear when the client is lying down.

GRADE 3 Cellulite can be seen in clients who show visible signs of dimpling when both standing up or lying down.

Cellulite can often be treated as ‘cellulite’ to reduce or shrink swelling in the area or fat cell. Skin laxity and underlying extra cellular matrix also plays a role in the appearance of cellulite and should be taken into consideration when devising a treatment plan.

ABOUT CELLULITE

Cellulite is a condition in which the skin has a dimpled, lumpy appearance. It usually affects the buttocks and thighs but can also occur in other areas. Cellulite occurs when fat deposits push through the connective tissue beneath the skin.

- Between 80 and 90 percent of women will probably experience cellulite.
- Cellulite is also known as orange-peel skin, due to its texture.
- Numerous treatments available, but the effect is mostly temporary.
- A diet low in fat, smoking cessation, and an active lifestyle may help reduce the incidence cellulite.

ANATOMY OF CELLULITE: WHAT MAKES IT LOOK SO DIFFERENT?

What makes cellulite different from ordinary fat? It all comes down to the way fat interacts with the fibrous connective tissue that encases it. Picture a muscle in your thigh. Above the muscle lies a layer of fat. Then covering the fat are thick fibrous cords. As the fat cells enlarge, they push against these fibrous cords and herniate upward into the lower layer of skin called the dermis. This creates “bulging” where the skin texture looks uneven or dimpled.

You may have noticed that men are less likely to have “cottage cheese” thighs. One reason that men aren’t susceptible to cellulite has to do with the way the fibrous cords that encase thigh fat are constructed. In men, the bands are crisscrossed, giving them greater strength, and the bands are firmly attached to the skin above it. This helps keep the fat underneath from poking through the dermis. In women, the bands are arranged diagonally and only loosely attached to the skin overhead. This makes it harder to keep the fat under wraps.

The female hormone oestrogen, which men have far less of, is also a factor that predisposes women to cellulite. Before menopause when oestrogen levels are high, women store fat in the thigh and buttock areas, body parts where you see the most dimpling. The tendency for women to develop cellulite in the thighs and buttocks also has to do with an abundance of receptors in these areas called adrenergic receptors. There are two kinds of adrenergic receptors: alpha and beta. Alpha receptors, when stimulated, promote the storage of fat whereas beta-receptors, when stimulated, break down fat. Women have a high ratio of alpha to beta receptors in their hips and thighs, so the tendency is to store fat in these areas. Combine that with the way the fibrous bands that hold the fat in place are constructed and you have a recipe for fat herniation and dimpling.

If oestrogen is a driving force behind cellulite in women, why does cellulite worsen after menopause? As oestrogen production drops after menopause, women store less fat in the thigh and hip area, but collagen, the protein that keeps the skin firm and youthful starts to break down. As collagen becomes damaged, it can't keep the underlying fat from poking through as well.

Genetics is also a factor. The tendency to develop visible cellulite is at least partially influenced by our genetic makeup, but don't forget factors like sun exposure and smoking (breaks down collagen), diet, and lack of exercise can predispose us to cellulite even if you don't have a strong genetic tendency.

WHY DO WE PUT ON WEIGHT?!

After puberty the number of fat cells remains the same. Adiposis is caused by continuously expanding fat cells.

There are many causes:

- More energy consumed than can be used, so the extra unused energy is stored as fat around the body
- Metabolic disorders
- Stress
- Lack of physical exercise
- Endocrine problems
- Various illnesses
- Some medications
- Genetics
- Toxin Accumulation

THE REASONS WHY WE PUT ON WEIGHT AROUND THE MIDDLE

Women naturally gain fat around the front of the stomach area during puberty for the body to protect the unborn foetus during pregnancy, but many people men and women, gain weight around the middle and there are reasons why: stress can contribute to more fat being deposited around the middle because it interferes with hormonal and metabolic functions.

These underlying tendencies to store body fat in this are plus the combinations of bad diet and lack of exercise, can eventually lead to an apple body shape which consequently can contribute to major health issues like heart disease or cancer.

The combination of foods, high in refined carbohydrates such as sugar, bread, pasta, white rice etc. and poor carbohydrate metabolism can cause unpleasant bloating, raise triglycerides, and can contribute to health problems including heart disease and diabetes.

WHY IS IT HARD TO LOSE WEIGHT?

The more you diet and the older you get; the harder weight loss becomes.

There are several reasons for this:

- As we *age*, the *hormonal balances* within the body change in favour of fat storage which is further encouraged by an increasingly sedentary lifestyle.
- Alternating *yo-yo diets*, low fat diets, reduced calorie intake as well as difficulty in following the correct recommended dietary advice, causes weight to pile up and reduces the motivation to carry on.
- *Hormonal changes* in the body make it more difficult to lose weight, but not impossible. By changing diets, we can also redress an incorrect hormonal balance which can help weight loss too.
- *Insulin* is a key hormone in the body that favour fat storage. Insulin resistance and Type 2 diabetes causes the body to produce too much insulin and therefore to store excess food eaten as too much fat. Both insulin resistance and type 2 diabetes respond well to dietary changes.

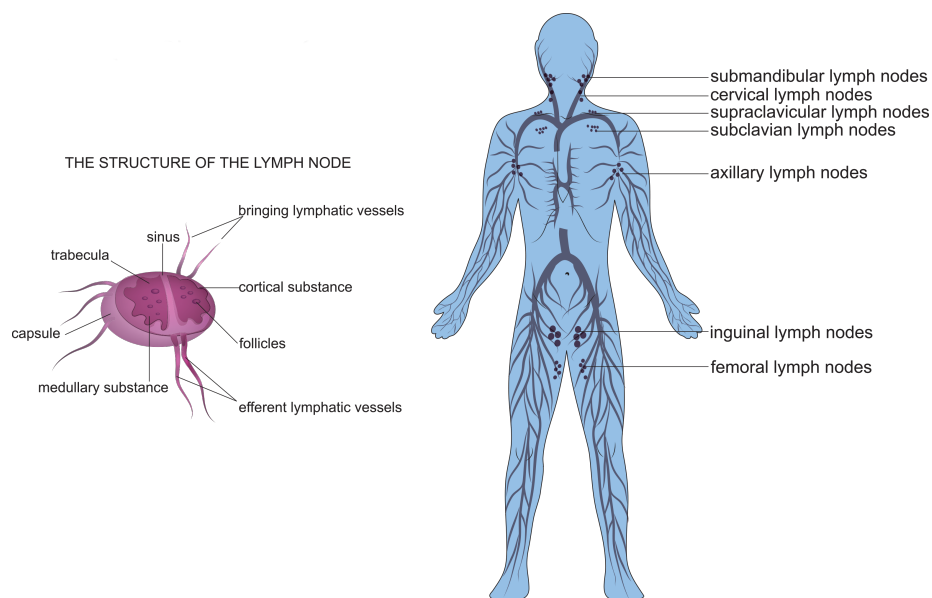
THE LYMPHATIC SYSTEM

The lymphatic system is the internal system that clears the body of waste, dead cells, blood protein, viruses, harmful bacteria, excess fluid, and toxins created by overconsumption of rich foods and lack of exercise and absorbs fats from the intestines. It also helps the body fight infection by stimulating the immune system. Delivery system is, in fact, the bodies sewer system! The lymphatic system consists of lymph, lymphatic vessels, lymph nodes and lymph organs (tonsils, spleen, thymus gland).

The lymphatic system includes lymph nodes, lymph ducts and lymph vessels, and plays a role in the bodies defences. Its main job is to make and move lymph, a clear fluid that contains white blood cells which helps the body fight infection.

The lymphatic system is also a part of the immune system and removes excess lymph fluid from bodily tissues and returns it to the blood.

The Lymphatic System



BODY TYPES

Body types can be important factors when it comes to addressing health risks and preparing for treatment.

People come in all shapes, but most can be placed into a particular category of body type, mesomorph, ectomorph, or endomorph. These body types have different characteristics, and you should tailor your treatment to whichever your client belongs.

ECTOMORPH

An ectomorph is typically skinny. Ecto's have a light build with small joints and lean muscle. Usually, ectomorph's have long thin limbs with stringy muscles. Shoulders tend to be thin with little width.

Typical Traits of an Ectomorph:

- Small "delicate" frame and bone structure
- Flat chest
- Small shoulders
- Thin

- Lean muscle mass
- Finds it hard to gain weight
- Fast metabolism

Ectomorphs find it very hard to gain weight. They have a fast metabolism which burns up calories very quickly. Ectomorphs need a huge number of calories to gain weight.

An ectomorph is relatively linear in shape with a delicate build, narrow hips and pelvis, and long arms and legs. As an ecto, their muscle and bone outlines are usually visible (especially if they are extremely thin), and they normally have less fat and muscle mass than people with other body types.

MESOMORPH

A mesomorph has a large bone structure, large muscles, and a naturally athletic physique. They find it quite easy to gain and lose weight.

A mesomorph (or meso, for short) can be defined in one word: muscular. The well-developed, rectangular shapes of mesomorphs are representative of their thick bones and muscles. A characteristic mesomorph will have a well-defined chest and shoulders that are both larger and broader than their waistline. Their abdomen will be taut, and their hips are generally the same width as their shoulders. Their buttocks, thighs, and calves are all toned and defined.

As muscularly defined, athletic-looking individuals, mesomorphs are full of energy, are physically capable of a lot of activity, and tend to be aggressive athletically. Mesomorphs generally store fat evenly all over their bodies, they can become overweight if they are sedentary and consume a high-fat and/or high-calorie diet.

Typical Traits on a Mesomorph:

- Athletic
- Generally hard body
- Well defined muscles
- Rectangular shaped body
- Strong
- Gains muscle easily
- Gains fat more easily than ectomorph,

ENDOMORPH

The endomorph body type is solid and generally soft. Endomorphs gain fat very easily. Endos are usually of a shorter build with thick arms and legs. Muscles are strong, especially the upper legs.

Typical traits of an Endomorph:

- Soft and round body
- Gains muscle and fat very easily
- Is generally short
- "Stocky" build
- Round physique
- Finds it hard to lose fat
- Slow metabolism
- Muscles not so well defined

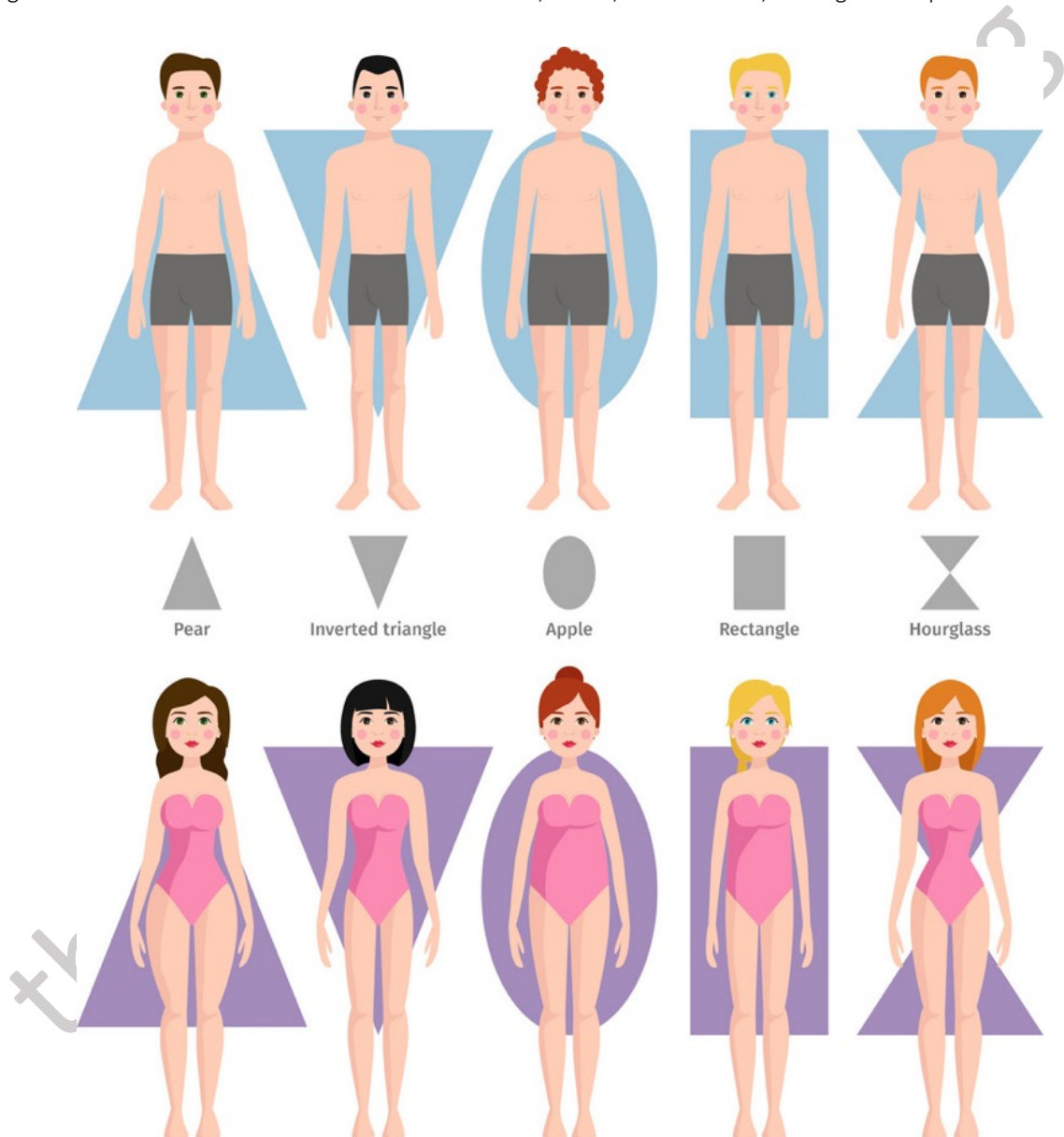
When it comes to eating endomorphs find it very easy to gain weight. Unfortunately, a large portion of this weight is fat not muscle.

A one-word description of the endomorph body type (or endo, for short) is curvy. The soft, flowing curves of an endo are like that of an hourglass in more ways than one. And wouldn't you know it; the sands of an hourglass tend to settle in its bottom half just like the fat in the body. Comparatively, if your client is an endomorph, their body fat may tend to settle into the lower regions of their body, predominantly the lower abdomen, hips, and

thighs, rather than being distributed evenly throughout the body. Keep in mind, though, that most endomorphs don't have all the features of characteristic endomorph, but a blend of features from other body types as well.

Now for the good news. From top to bottom, your soft swelling curves create full, rounded shoulders, limbs, and a full trunk. Voluptuous and sensual are the descriptions given to many endomorph females whose soft body contours and deep curves create an allure like that of Marilyn Monroe.

A male endomorph (known as an android) tends to have a different fat distribution pattern from a female endomorph (known as a gynoid). Female endos usually collect fat in their butts, legs, and hips, while most males collect fat in their abdomen (the "spare tyre" or "love handle" look). Many research studies have shown that abdominal fat deposition is much more dangerous than fat in the leg and butt area. This is primarily due to the danger of heart disease and an increased risk of diabetes, stroke, some cancers, and high blood pressure.



BODY SHAPES

Is your client an apple? A pear? Or maybe a ruler? Discovering your body shape is more than one of those silly online quizzes. Understanding body shape could help you find the most effective treatment for your client.

There are so many factors that can determine body shape: genetics, lifestyle, sex, and age. Some people can eat fried foods and junk every day but never gain weight. Some people tend to accumulate weight around the hip, others on the belly.

Based on the overall fat distribution in our body, most people can fall into these body shape categories:

- Apple
- Pear
- Hourglass
- Inverted Triangle
- Rectangle

What matters most is not what you are shaped like, but what that shape means for our health and how you can better manage our lifestyle to stay healthy.

APPLE SHAPE

If you have an “apple-shaped” body, your weight accumulates around your hips and abdomen. You are wide on the top but small on the bottom. Sometimes you may feel like your limbs look like they belong to a slenderer person.

The apple shape is more likely to develop with age and men are more likely to be apples, giving them that “beer-belly”.

For both genders, this body shape indicates lifestyle imbalances such as high level of stress, poor diet, and very little physical activity. In men particularly, excessive consumption of alcohol has been linked to the development of the apple-shaped figure.

HEALTH RISKS

Abdominal obesity is probably the most dangerous of all, and apple body shape is considered at the highest risk for health issues compared to the other body types. Larger waists can mean higher risk of heart disease. It can also mean higher risk of Type 2 diabetes. If you are apple-shaped but not overweight — meaning your body mass index (BMI) is under 25 — you are still at higher risk for cardiovascular disease, cancer, and diabetes than people with smaller waists.

Why can fat around your waist create so much trouble? Different from the fat in other parts of the body, fat on the abdominal area is like an iceberg.

Here's why belly fat causes so many problems:

- It grows deep within your abdominal cavity and fills the space between organs.
- Belly fat has a stronger influence on our metabolism. It releases fatty acids and substances into the blood through the nearby vein that relates to the liver.
- This can cause metabolic syndrome that can reduce production from the pancreas.
- The result is our blood sugar stays high and we become a high risk for diabetes.

In addition, the fatty cells can trigger inflammatory response that releases a substance called cytokines. This substance is a cause behind heart disease.

WHAT TO DO ALONGSIDE BODY CONTOURING TREATMENTS

Trim your waistline by following a healthy diet and intensive exercise. Sugar, pizza, bread, bagels, rice, white potatoes, and corn can spike blood sugar levels and produce more fat. Eating more fruits and vegetables, and less

fatty protein, such as salmon. Exercising at least 30 minutes per day to lose weight, and combining abdominal strengthening exercises to tighten the muscle.

PEAR SHAPE

If you are a pear type, you have a figure that is opposite from apple-shaped people. Instead of being top heavy, if you're pear-shaped, your hip section is likely to be wider than your upper body, with most of the fat deposited around your thighs, hips, and buttocks region.

HEALTH RISKS

Studies results are not consistent for the health risks of a pear-shaped body. Previous studies say the fat in hips, thighs and buttocks can lower the risk for heart disease. However, a new study shows the opposite — a leaner lower body can be better for the heart. If you are overweight, weight loss in any part — abdomen, leg, or buttocks — is good for bringing down cholesterol.

HEALTH

The good news is that weight carried around your bottom and thighs is due to subcutaneous fat rather than the more dangerous visceral variety. Pear-shaped people are significantly healthier than those with apple-shaped bodies. Fat deposited on the hips is less likely to travel around the body, reducing the risk of heart disease. Further, the risk of stroke and diabetes is not elevated by a pear-shaped body.

However, carrying extra weight on the hips can lead to an increased risk of osteoarthritis, and fat is more likely to appear as cellulite.

The following factors will determine the fat distribution throughout the body:

- ¼ Genetic background
- ¼ Gender
- Extreme weight gain or erratic weight changes

WHAT TO DO ALONGSIDE BODY CONTOURING TREATMENTS

Fat accumulated in the lower body can be stubborn. You may have seen progress in your abdomen, but not so much. The formula for successful weight-loss is simple: diet and exercise. It's the same for a pear-shaped body. That starts with eating smaller portions and including more vegetables, fruits, and low-fat protein.

HOURGLASS SHAPE

HEALTH RISKS

Having this body shape means that when you gain weight, it is not concentrated in one area like apple-shaped or pear-shaped people. That means weight gain can be hard to spot if you're not regularly checking the scale. If you become overweight, you are at higher risk for chronic diseases such as heart disease as well.

WHAT TO DO ALONGSIDE BODY CONTOURING TREATMENTS

Full-body workout routines are good for hourglass-shaped people, since you could gain fat in both your upper and lower body. You can also add more low-fat and high-fibre food to your diet to maintain a healthy weight.

INVERTED TRIANGLE SHAPE

HEALTH RISKS

If you are a woman with a larger bust, you may have worried that your breast size could leave you at a higher risk for breast cancer. In fact, this link is unproven. Instead, you should have a better understanding of your breast density — dense breasts have more connective tissue than fatty tissue and can increase your risk for breast cancer. So, it's not necessarily the size of the breast that puts you at risk for breast cancer. You can determine your breast density through regular mammograms.

WHAT TO DO ALONGSIDE BODY CONTOURING TREATMENTS

To look less narrow in the below-the-bust area, you can focus on exercises that can build up your lower body, such as squats, lunges and leg raises. You may also want to be aware of your BMI, because becoming overweight or obese can increase the risk for many diseases such as breast cancer. It's no surprise that to maintain a healthy weight, you need to follow a lower-fat, balanced diet and stay physically active.

RECTANGLE (COLUMN) SHAPE

HEALTH RISKS

Many slender celebrities have this figure, but it doesn't mean that all ruler-shaped people are skinny. If you are overweight, you are not exempt from a higher risk for heart disease and diabetes.

If you are a woman and underweight, you are at risk for certain health conditions, such as problems with menstruation, getting pregnant, malnutrition and depression.

WHAT TO DO ALONGSIDE BODY CONTOURING TREATMENTS

Even though it's hard for you to gain weight, you should also watch your diet and exercise. Slender people may increase their health risk by thinking they may never look fat. The truth is your body fat percentage has risen without you noticing. This can give you the same chance of developing health conditions, like diabetes, as any other type of body shape.

CONSULTATIONS & RECORDS

ASSESSING THE CLIENT AND PREPARING TREATMENT PLANS

You may be asking: 'Why do I need to consult with my client?' You may feel you already know what they want, and you just want to get them in and get started. This, however, is the wrong approach. You wouldn't expect a doctor to prescribe treatment, for example, without asking you some questions and listening carefully to your answers, would you?

There are many reasons why we must consult with our clients before carrying out any treatment:

- To establish a rapport with the client
- To gain the client's trust and confidence
- To identify areas of client concern
- To see how previous treatments, affect the current growth and treatment plan
- To identify indications and contra-indications
- To promote and sell yourself, your skills, the treatment, and associated products.

Before you carry out the treatment, make your client aware that you'll be noting down their information and notes for future appointments. The personal information you collect should be stored according to data protection laws.

As well as the legal implications, a client consultation is important for keeping a client's record card up to date.

Skin and medical conditions can change over time. Good record keeping is a very important tool and benefits everyone. If the worst happens and a claim is made against a technician in relation to a treatment all relevant case documentation must be produced.

A complete documented case history is vital for the technician's protection. A technician can prove they have asked the client questions regarding his/her health and medical conditions by recording the questions and answers. The client should also sign and date the consultation document to confirm that what has been written is correct.

If the client fails to diagnose a condition and consequently undergoes a treatment that is contraindicated, the client must bear some responsibility for any subsequent injury.

During the consultation, you should:

- Introduce yourself, complete the record card and complete the consultation form.
- Discuss the client's requirements and medical history and suggest treatments to meet the client's needs.
- Explain the treatment procedure and discuss cost, time, frequency, and possible courses of treatments.
- Provide your client with the correct aftercare.

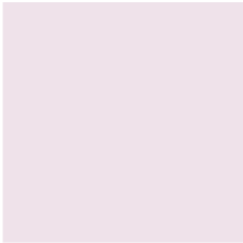
It is not necessary to go through the whole medical history each time, just ask the client to check and sign that there has been no change.

Records showing consultation notes, contraindications, treatment decisions, performance, and results, together with client comment and reactions, clearly recorded in chronological sequence will all contribute towards establishing documentation of a technician's care and competence.

Keeping an up-to-date record of your client consultations will save time before future appointments, as you are able to quickly refer to their details and remind yourself of any issues, medical conditions, and skin history. Practitioners can complete and securely store client record cards electronically or using a record card and pen. Record cards should be securely stored in a storage box. For security reasons only relevant information should be taken from the client. It is important to record the client's response and gain a signature. It's important to keep these records for:

- Legal reasons (e.g., to prove the client has had the treatment)
- Proof you carried out the consultation
- Reference for future appointments
- Allow you to monitor your client loyalty
- In case there is an insurance claim
- Complies with data protection
- Duty of care

Client Intake Form for Wood Therapy



General Information

Name		Date of Birth
Address		
City	County	Post Code
Phone #	Email	
Occupation		
Emergency Contact Name		Phone #
Would you like to be added to our email list for specials and discounts?		Yes <input type="checkbox"/> No <input type="checkbox"/>
How did you hear about us?		

Medical History

Please check all that apply:

- | | | |
|---|--|--|
| <input type="checkbox"/> Acute Inflammation | <input type="checkbox"/> High Cholesterol | <input type="checkbox"/> Neurological Disorder |
| <input type="checkbox"/> Arthritis | <input type="checkbox"/> High/Low Blood Pressure | <input type="checkbox"/> Pacemaker/Other Electronic Device |
| <input type="checkbox"/> Bells Palsy | <input type="checkbox"/> High Triglycerides | <input type="checkbox"/> Pregnant/Nursing |
| <input type="checkbox"/> Cancer/Tumor | <input type="checkbox"/> Infection | <input type="checkbox"/> Skin Disease |
| <input type="checkbox"/> Communicable Disease | <input type="checkbox"/> Infectious Disease | <input type="checkbox"/> Thrombosis or Thrombophlebitis |
| <input type="checkbox"/> Diabetes | <input type="checkbox"/> Kidney Disease | <input type="checkbox"/> Transplant(s) |
| <input type="checkbox"/> Epilepsy | <input type="checkbox"/> Liver Disease | <input type="checkbox"/> Tuberculosis |
| <input type="checkbox"/> Fever | <input type="checkbox"/> Melanoma | <input type="checkbox"/> Unhealed Wounds |
| <input type="checkbox"/> Heart Disease | <input type="checkbox"/> Metal Implants | <input type="checkbox"/> Varicose Veins |

Do you have any other medical conditions that we should know about? Yes No

If yes, please list:

Are you currently taking any medications (including, but not limited to, blood thinners)? Yes No

If yes, please list:

Do you have any allergies? Yes No

If yes, please explain:

Have you had any surgeries within the past 12 months? Yes No

If yes, please explain:

Do you have any medical devices implanted including, but not limited to, hearing aids, a pacemaker, or other implants? Yes No

If yes, please list:

When was the first day of your last menstrual cycle?

Do you use recreational drugs?

Yes No

If yes, please list:

Service Information

What concerns would you like addressed today?

Do you want to lose body fat?

Yes No

If yes, from what area:

Do you want to tighten skin on your body?

Yes No

If yes, from what area:

Do you want to reduce cellulite?

Yes No

If yes, from what area:

Please list your regular exercise habits:

Please describe your current dietary habits:

How many ounces of water do you drink daily?

Treatment Area(s)	Measurements
(Select all that apply):	
<input type="checkbox"/> Flanks	Weight _____
<input type="checkbox"/> Buttocks	Right Thigh _____
<input type="checkbox"/> Arms	Height _____
<input type="checkbox"/> Thighs	Left Thigh _____
<input type="checkbox"/> Waist	Waist _____
<input type="checkbox"/> Calves	Right Bicep _____
<input type="checkbox"/> Abdomen	Lower Back _____
<input type="checkbox"/> Left Bicep	Hip _____
<input type="checkbox"/> Upper Back	Left Bicep _____

By signing below, I agree to the following:

I have completed this form to the best of my ability and knowledge. I agree to inform the technician of any changes in the above information. I agree that I do not have any condition(s) that would make the requested treatment unsuitable. I will inform the technician of any discomfort I may experience at any time during my treatment to allow them to adjust accordingly. I agree to waive all liability toward my technician and the spa for any injury or damages incurred due to any misrepresentation of my health.

Name Printed

Signature

Date

Informed Consent For Wood Therapy

Wood therapy body sculpting is a vigorous massage technique that utilises wooden, handheld tools, such as rolling pins in order to increase lymphatic circulation and break down fatty deposits and cellulite. Wood therapy is a non-invasive treatment with no downtime, however, as with any treatment, there are certain benefits and risks. Please read and initial each of the statements below:

_____ I certify I am over the age of 18.

_____ I have voluntarily elected to receive wood therapy body sculpting after the nature and purpose of this treatment have been explained to me.

_____ I understand that wood therapy body sculpting can be used to reduce fat deposits and cellulite but is not intended to be a weight loss solution.

_____ I understand that the following conditions preclude me from having this treatment at this time and verify that none of the following conditions apply to me at this time:

- Acute illness or contagious disease
- Bells Palsy
- Cardiac issues
- Cancer
- Fever
- Infected, inflamed, or swollen skin
- Lymphatic disorder
- Metallic implant (pacemaker)
- Pregnant/Lactating

_____ I recognise there are no guaranteed results.

_____ I understand that wooden tools will be used during this service. I understand that if I begin to feel uncomfortable, I will immediately inform my practitioner so that they may adjust accordingly.

_____ I understand and acknowledge that there are risks involved with the treatment I will be receiving including, but not limited to:

- Bruising
- Irritation
- Mild discomfort
- Redness
- Skin reaction
- Swelling
- Increased heart rate

_____ I understand that the payments for my service are non-refundable.

_____ I have been informed of possible benefits, risks, and complications, and I have had the opportunity to ask questions regarding these risks and other possible complications.

_____ I have, to the best of my knowledge, given an accurate account of my medical history, including all known allergies or prescription drugs or products I am currently ingesting or using topically.

I have read and fully understand this agreement and all information detailed above. I understand the procedure and accept the risks. I agree I will assume the risk and full responsibility for any and all injuries, losses, side effects, or damages that might occur to me while I am undergoing this procedure. I do not hold the practitioner responsible for any of my conditions that were present, but not disclosed at the time of this procedure, which may be affected by the treatment performed today.

Name Printed

Signature

Date

MEASURING & RECORDING

This is important from the viewpoint that you are trying to capture the true “before” picture of your client. For these results to be true and correct, it is important that you limit any differences in the method that you use to measure your client. Changes in the stance of the client, the tension pull on the tape measurement and the actual location of the tape on the client’s body, can individually or together alter the measurement results. Therefore, it is important to keep the following points in mind.

PROPER MEASUREMENT STANCE

Make sure the client does not alter their stance by leaning over and looking down. Have your client stand straight, legs together, with their hands behind the head, elbows out. As measurements are being taken in 1/8 inch increments, one small change in their stance can change the measurement significantly. Do not take measurements with fingers between the tape measure and the client’s skin. Keep your fingers on the outside of the tape to ensure true measurements. Should you encounter a larger after measurement than the initial measurement you have probably made a measuring mistake either in the after measurement, the initial measurement, or the measuring from the wrong end of the tape.

UNIFORM TAPE TENSION

Pulling the measuring tape tight on the same measurement point will produce a “smaller” measurement. To ensure that your measurements are true, develop your sense of tape tension. Proper tension on the measurement tape should be for the tape to lay on the skin so that it does not sag, yet not tight enough to cause the skin at the edge of the tape to buckle.

USING INK MARKS TO FIND IDENTICAL POINTS OF MEASUREMENT

Once the tape is on the client, make at least three marks along the top and bottom of the measuring tape. These marks should be placed on the skin to ensure that you can find the exact measurement spot in your final measurement process. Be sure to make them in several different areas along the tape measure to ensure that there is no confusion later.

MEASUREMENT CHART

Use the Measurement Chart as a guide for where to measure and to record initial measurements and results after each wrap. The locations for measuring are only listed as a guide. It is important that you either mark the exact spot or remember exactly where you measured for each location to get an accurate before and after readings. If you are performing a series of wraps, recording each before and after will give you a better picture of the results over the course of the sessions. A series of wraps always provides better results.

MEASUREMENTS AND CALCULATION RESULTS

Measure in 1/8 increments to calculate the results of the treatment. Simply subtract the “after” result from the “before” measurement. Be careful, as some numbers are not as easy to subtract as they appear.

For example, subtracting $34 \frac{3}{8}$ from $35 \frac{2}{8}$ is only $\frac{7}{8}$ while it may appear at first glance to be $1 \frac{1}{8}$. To find the total inch loss results add the numerators (the top number of the fraction) $\frac{1}{8}$: measurements and divide the total by 8.

Example: $\frac{1}{8} + \frac{3}{8} + \frac{6}{8} + \frac{5}{8} = 1 + \frac{3}{8} + \frac{6}{8} + \frac{5}{8} = 15 \frac{15}{8}$ 15 divided by 8 = 1.875 in.

Should you want to convert the decimal of 0.875 inches back to $\frac{1}{8}$ in. simply multiply by 8.

$0.875 \times 8 = 7$ or $\frac{7}{8}$ of an inch

Therefore 1.875 inches can be converted to $1 \frac{7}{8}$ inches if you desire.

During the measuring process you are attempting to capture the “after wrap” picture of the client. You must repeat the measurement procedure identically as you did with the before wrap picture.

As you measure mentally compare the after measurements to the initial measurements as you write them down. Should you encounter a larger measurement than the first measurement you have made a mistake in one of the measurements.

Once you learn the wrap process efficiently you should be able to measure and wrap up a body within 15 minutes.

the school of fine tuning

TREATMENT PREPARATION

POSTURE OF THE WOOD THERAPIST AND THE CLIENT

It is very important to perform the movements from the wrists so as not to overload the arms, shoulders and back, this is one of the mistakes that most beginners make that start in the technique Maderoterapia, so have a correct body position, with the back straight, legs slightly bent and open and applying a medium intensity – high speed (according to the customer's need) in the movement of wrists, ensures effective results in sessions.

Memorising the correct application of tools is the most complicated part of Maderoterapia, try to keep your tools in order of use to help you identify which tools are used in which order.

EQUIPMENT

TREATMENT AREAS

Wood therapy can be used on the full body for lymphatic drainage purposes as well as contouring particular areas of the body.

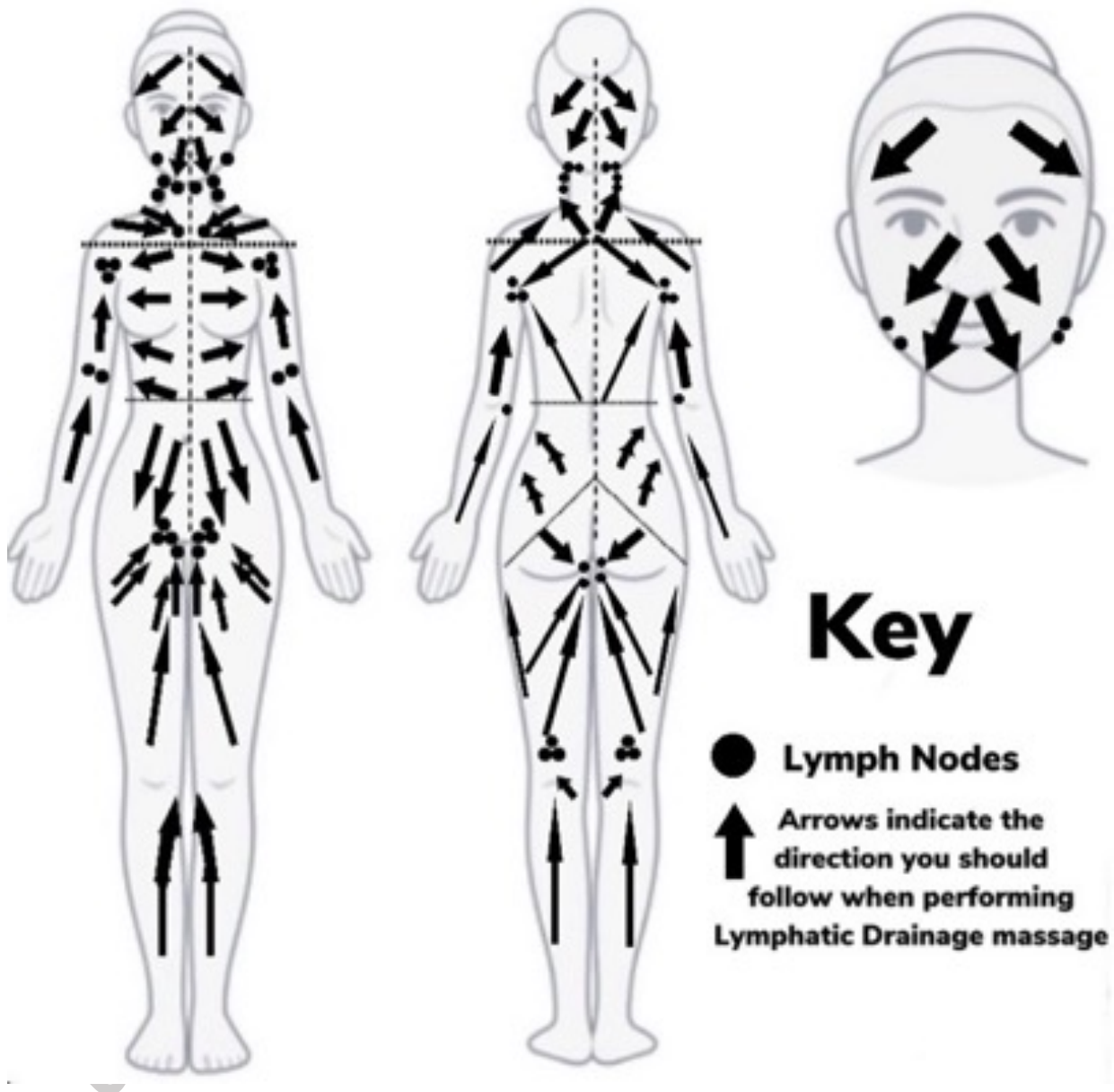
Depending on the area of the body and the reason you are performing wood therapy, will determine the technique and tool that you use.

While most of the 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.

- Face
- Neck
- Jawline
- Back
- Belly
- Legs
- Arms
- Buttocks
- Waist
- Hips
- Thighs

LYMPHATIC DRAINAGE DIAGRAM FOR MASSAGE

Take a good look at this illustration. 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 toxins.



WOOD THERAPY | PROCEDURE OVERVIEW

BODY MADEROTHERAPIE CLIENT QUESTIONS

Massage reaches out deep inside the skin, which activates the cells from the inside. Therefore, the Maderoterapia is particularly effective for:

- ♥ Reduction of the waist
- ♥ Defining legs
- ♥ Reducing the volume of the stomach
- ♥ Elimination of fat on the hips
- ♥ Tightening the thighs and legs

Massages can be done every other day. If there are sensitive and painful areas, the first three massages can be done every other day, and then you can continue every day.

HOW LONG DOES THE TREATMENT TAKE?

Treatment can last for 30 minutes where legs and gluteus are treated, and if the stomach and waist are included as well then, the treatment lasts 45 minutes.

Avoid treatment during the period.

Also, people with extremely expressed capillaries and veins are advised to come for a consultation. If the condition is normal, then Maderoterapia will be very pleasing because it will stimulate circulation and blood flow.

IS THE MASSAGE PAINFUL AND CAN BRUISES COME OUT?

The first couple of massages can be painful, and then massages become very relaxing.

The bruises are not inherent to this treatment but can occur in hypersensitivity in the first session as well as in the incompetent handling of wooden instruments.

BODY TOOL MOVEMENTS

SMOOTH CURVED ROLLER: Movements circulates, straight and drainage

SPIRAL ROLLER: Straight, circular, lateral and drainage movement

CUBED ROLLER: Circular, lateral and drainage movement

CONTOURING BOARDS: Upward, downward movements and drainage

VACUUM SWISS CUPS: Up and down figure eight, emptying and draining

Before starting to apply the massage with the wooden elements, it is important to activate the lymph nodes by manual pumping them to facilitate the expulsion of toxins and excess fluid that we are going to release with the wooden elements, through the drainage of the treated area.

There are many different techniques that you may use when performing wood therapy. However, there is a standard guide you may choose to follow while creating your own special technique.

We are going to go over the techniques you should use to accomplish your main objective....

TO ACHIEVE RESULTS

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 to leave the body.

The first step is to use massage oil to make sure that your client's 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 fingertips and the palm of your hands.

After you have massaged the treatment area with your hands, you will want to select the appropriate Wooden Roller to begin the wood therapy process.

Depending on the tool you select you will perform the treatments by following the directions listed in the tool descriptions.

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.

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 Lymphatic Drainage Diagram.

WOOD THERAPY | FACE TREATMENTS



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 Lymphatic Diagram.

After massaging the face, apply oil on to the skin, preferably a face firming serum.

After you have applied the oil on the face you will use the roller of your chose.

Firmly, but gently move the Wood 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 for the neck. Massage the neck in the direction of the arrows in the Lymphatic Drainage Diagram. Select your desired facial tool to begin tightening the neck. The Neck and Jawline Roller is great at reducing wrinkles and firming skin.

The next step will be to use the Mini Suction Cup and suction the toxins in the direction of the arrows shown in the Lymphatic Drainage Diagram.

Remember, the Mini Suction Cup is like a manual vacuum. Place the cup on the face and quickly remove it to activate the suction.

After you have suctioned the toxins and fat to the direction of the lymph glands, you will use the Mini Contour Board to assist in draining the waste into the lymph glands.

Although you have been provided a standard guide to perform Wood Therapy, everyone's body is unique. Differences in body and aesthetics may require you to adjust your Routine with each client to optimise Results.

Maderoterapia is the perfect choice for those who want to get rid of stress. This is a relaxing massage with surprising results in age prevention.

This massage, in addition to relaxing the mind and facial muscles, is good for people who have migraines, as well as for those who spend a lot of time working in front of a computer and their eyes become tense.

Therapy is a non-invasive method where wrinkles are treated, the face becomes brighter and free from toxins.

Using wooden instruments, we reach deep into the skin to achieve facial remodelling, as well as to activate fibroblasts that will produce more collagen and elastic fibres. Certain movements influence on the muscle tissue, the circulatory and lymphatic system, which increases the supply of nutrients and oxygen in the cells.

HOW MANY MESSAGES ARE NECESSARY?

Therapies can be used as part of a classic treatment, where each individual message will have its own effect. If we want to make a more concrete result, it is recommendable to do 6 – 10 massages in one series every other day. After the age 50, the series should be repeated immediately next month, followed by maintenance.

DURATION OF THE THERAPY?

The therapy session lasts 30 minutes and involves peeling, adjustable mask according to the to the client's needs for 60 minutes.

- Tightening and tonus, lifting effect
 - Facial reshaping
 - Production of elastin and collagen
 - Improvement of circulation
 - Increase in oxygen supply
 - Prevention of ageing of the face
 - Decrease eyebags and swelling below the eyes
-
1. Cleanse, exfoliate and tone before you begin.
 2. Apply a specific face oil. (e.g., Argan oil).
 3. Massage with gentle circular movements throughout the face to stimulate, the whole facial area.
 4. Manually drain to the nearest nodes.
 5. Massage with a circular movement, all over the face concentrate on the area of the jowl to be able to remove all the fluid and accumulated fat. (Mini embossed roller).
 6. Massage with firm and fast movements, all over the face with little pressure so as not to damage the muscles.

7. Massage with firm and gentle movements, all over the face, concentrating on the cheek area, below the nose towards the outside of the face. (Mini smooth roller).
8. Massage with gentle movements, from the inside area to the outside of the eye and raise the eyebrows in a lifting motion (Mini roller for eyes).
9. Massage with a gentle movement from chin to upper lip in this way we will raise cheekbones and smooth lip expression lines.
10. Perform a drainage massage from the central part of the face to the outer area and pump into nodes for better absorption.
11. Massage with a movement in a figure eight in the jowl area working outwards towards the lymph nodes, to raise cheekbones repeat several times with cup, shaping the cheekbone.(Mini Swedish Cup)
12. Finally, you can apply a mask suitable for your client to sooth the skin.

As you can see you can do a very complete treatment in which you will leave the face clean, oxygenated, toned, without jowl or expression lines. It is also a very relaxing! There are clients who can be very tense in the jaw area, with facial Maderoterapia treatment the muscles will relax.

It is recommended to start having treatments aged around 25 to 30, because it is a way to prevent and exercise the muscles of the face – a treatment once a week is recommended.



WOOD THERAPY | BODY TREATMENTS

Note: This activation of the lymphatic system is applied for body, anti-cellulite, and breast wood therapy. For facial wood therapy, only points 1, 2 and 3 would be applied.

1. Pump cervical lymph nodes.
2. Pump orbicular lymph nodes in the face.
3. Pump thymus area.
4. Pump lymph nodes around the navel.
5. Pump inguinal nodes.
6. Pump popliteal nodes behind the knees.
7. Pump lymph nodes in the ankle area.
8. Next, orange, almond or lemon oil is applied to the area to be worked with the wooden elements

EQUIPMENT

THE CALVES

1. Massage with a straight movement (Smooth curved roller).
2. Massage with a circular movement
3. We turn the roller, massage with a lateral movement. Drain with ends to popliteus
4. Massage with a straight movement
5. Massage with a circular motion
6. Massage with a lateral movement
7. Drain with ends to popliteus
8. Massage with a circular movement (Cube Roller).
9. Massage with a side movement
10. Drain with ends to popliteus
11. Drain with the contouring board to the popliteus.

THIGH AREA BACK AND FRONT

The movements are the same, but in the inner area we put less pressure because that area is more sensitive, always ask the person.

1. Massage with a straight movement
2. Massage with a circular movement
3. Massage with a lateral movement
4. Drain with ends into inguinal nodes
5. Massage with a straight movement
6. Massage with a circular motion
7. Massage with a lateral movement
8. Drain with end to inguinal nodes
9. Massage with a circular motion
10. Massage with a side movement
11. Drain with the ends into inguinal nodes
12. Drain into inguinal nodes with movements
13. Buttock Lift
14. Movements in eight to profile and shape
15. Finish by applying anti-cellulite cream.

FLANKS, WAIST AND ABDOMEN AREA

****Here we will work with clients on all three postures**

1. We'll start working flanks
2. Massage with a straight movement (Smooth curved roller).
3. Massage with a circular movement
4. Drain with the ends into inguinal nodes
5. Massage with a straight movement
6. Massage with a circular motion
7. Massage with a lateral movement
8. Drain with the ends into inguinal nodes
9. Massage with a circular movement (Cube Roller).
10. Massage with a side movement (Cube Roller).
11. Drain with ends to inguinal nodes
12. Profile and mould waist
13. We place the person on the side for waist work
14. Movements in eight, profile waist and abdomen (Swedish Cup).
15. Massage with a straight movement (Smooth curved roller).
16. Massage with a circular movement
17. Massage with a lateral movement
18. Drain with the ends into inguinal nodes
19. Massage with a straight movement
20. Massage with a circular motion
21. Massage with a lateral movement
22. Drain with the ends into inguinal nodes
23. Massage with a circular movement (Cube Roller).
24. Massage with a side movement (Cube Roller).
25. Drain with ends to inguinal nodes (Cube Roller).
26. Profile and mould waist
27. Movements in eight, profile waist and abdomen (Swedish Cup).
28. Massage with a straight movement (Smooth curved roller)
29. Massage with a circular movement
30. Drain with the ends into inguinal nodes (Smooth curved roller).
31. Massage with a straight movement
32. Massage with a circular motion
33. Massage with a lateral movement
34. Drain with the ends into inguinal nodes
35. Massage with a circular movement (Cube Roller).
36. Massage with a side movement
37. Drain with ends to inguinal nodes
38. Reaffirm and contour
39. Movements in eight, profile waist and abdomen (Swedish Cup).
40. We finish by applying a reducing cream, with a manual massage.

**** We will work with great care in this area and with little pressure, we will never hit the bones of the spine, we will always ask the person if the massage is pleasant.**

41. Massage with a straight movement (Smooth curved roller).
42. Massage with a circular movement
43. Drain with ends to axillary nodes.

44. Massage with a straight movement
45. Massage with a circular motion
46. Massage with a lateral movement
47. Drain with ends to axillary nodes
48. Massage with a straight movement
49. Massage with movements in eight (Swedish cup).
50. Arm zone we put our client lateral with the arm resting on the ear, making a right angle.
51. Massage with a straight movement (Smooth curved roller).
52. We will turn the roller massage with a lateral movement

****Be careful not to harm the person with the ends of the roller.**

53. Drain with ends into axillary nodes
54. Massage with a straight movement
55. Massage with a circular motion
56. Massage with a lateral movement
57. Drain with the ends into axillary nodes
58. Massage with a circular movement (Cube Roller).
59. Massage with a movement up and down
60. Massage with movements in eight and drain into axillary nodes (Swedish Cup).
61. We finish by applying reducing and firming cream with a manual massage.

LEGS & BUTTOCK AREA – ANTI CELLULITE

1. Massage with circular movements
2. Massage with lateral movements
3. Massage in circular motions. (Anti-cellulite cylinders).
4. Massage in an up and down motion. (Anti-cellulite cylinders).
5. Hand drainage to the nearest lymph nodes.
6. Massage with up and down movements (Serrated board).
7. Drainage to inguinal nodes (Serrated table).
8. Movement up, down and half-moon (Cup with roller).
9. Shape and elevate buttocks (Cup with roller).
10. We finish by applying anti-cellulite cream with a manual massage.

The technique of body Maderoterapia anti-cellulite bust or facial, is a progressive aesthetic treatment, the recommendation is to start doing it 3 times a week, then 2 times a week, 1 time a week, 1 time every 2 weeks for maintenance. According to the objectives and needs of each person.

Contra-actions

Practitioners must make clients aware of any possible treatment contra-actions during the consultation and informed consent procedure, (before beginning massage), and any precautions should be implemented to minimise the risk of contra-actions causing harm to an individual client. For example, this may mean adjusting the time of a massage booking, (sometimes clients can have very sensitive skin, or very low tolerance to pain, so we need to book longer gaps between treatments) or preparing an aftercare procedure (which is explained to the client at the time of booking, what client can do at home to recover quickly or to prolong the effects of the treatment).

Most contra-actions following the application of a maderoterapia massage are due to the effects of the parasympathetic nervous system. However, we must also consider potential contra-actions that may occur as a response to an invigorating pre-, inter- or intra-event massage, and we may need to develop a separate procedure to ensure these are fully explained.

Common contra-actions to maderoterapia massage include:

- Erythema (redness of the skin)
- Headaches following treatment
- Passing water more frequently and increased thirst, and well as more frequent bowel movement
- Localised aches and pains
- Feeling emotional and tearful
- Increased hunger.
- Increased perspiration.
- Changes in blood pressure (usually a reduction which may lead to dizziness and nausea).
- Spots appearing on the treated areas.
- Allergic reaction to the massage products.
- Changes to sleep patterns.

There are a number of physiological reasons why a client may experience a specific contra-action following a massage. The flushing of lymph through the system will encourage the client's body to pass more water so headaches, thirst and increased urination and perspiration may all be caused by this and any associated dehydration. The relaxing effect of the parasympathetic nervous system on heart rate, blood pressure and the circulatory system, as well as the potential effect of increased blood pooling once the massage stops, could contribute to a headache. These effects could also be responsible for increased fatigue and changes to sleep patterns.

The actual physical effects of the treatment and the mediums applied can cause contra-actions such as erythema, localised bruising, spots and allergic reactions.

LOCALISED BRUISING

Easy bruising is common with age. Although most bruises are harmless and go away without treatment, easy bruising can sometimes be a sign of a more serious problem. Some people, especially women, are more prone to bruising than others. As we get older, our skin also becomes thinner and loses some of the protective fatty layer that helps cushion our blood vessels from injury. Some medications, medical conditions and supplements can contribute to bruising. Aspirin, anticoagulant medications, and anti-platelet agents reduce the blood's ability to clot. Antibiotics might also be associated with clotting problems. —As a result, bleeding from capillary damage might take longer than usual to stop, which allows enough blood to leak out to cause a bigger bruise. Topical and systemic corticosteroids, which can be used to treat various conditions, including allergies, asthma, and eczema — cause the skin to thin, making it easier to bruise.

Certain dietary supplements, such as ginkgo, also can increase bruising risk due to a blood-thinning effect.

Retinol, or any other chemical or mechanical peels. Inform the client before the start of the treatment that few bruises might appear as a side effect, and last but not least, make sure you are performing treatments correctly.

Examples of responses to contra-actions:

- Ensuring that there is water available to rehydrate the client post massage would help to reduce the risk of headaches and thirst.
- Allowing the client sufficient time in a quiet environment to relax and prepare to return to their life following a relaxing massage treatment may help to prevent the risk of blood pressure changes.
- Avoiding the application of deep tissue massages which may cause bruising before a client has a special event.
- Arranging sessions to fit in with a client's lifestyle (e.g., relaxing massages should be booked at the end of the day where possible, so the client does not have to return to work).

If a client reports any contra-action to a massage, the therapist must respond with professionalism, care and consideration. They must also consider the risk of this contra-action occurring in the future and put in place appropriate measures to minimise the risk (risk assessment).

the school of fine tuning

AFTERCARE

If a client reports contra-action to a massage, like light bruising, an Epson salt bath would be recommended. In order to have better results in appearance of cellulite reduction and inch loss, tailored diet and exercise plan would be recommended. Drinking plenty of water or herbal tea, to help flush out toxins program.

Body Brushing plays a big part in lymphatic drainage and cellulite reduction. Each client should be educated on how to incorporate dry body brushing into their lifestyle.

Just a couple of minutes body brushing a day before a bath or shower will promote lymph, helping the body to metabolise toxins more efficiently, discouraging fluid retention and cellulite (the two are related to each other), and softening and toning the skin. The benefits are immediate and lasting.

Benefits of dry body brushing:

- Improves circulation
- Stimulates lymphatic drainage
- Removes excess fluid from the body
- Evenly distributes fat deposits
- Overtime can reduce cellulite
- Rejuvenates the nervous system

How should it be done? Simple - swift strokes, up your body towards your heart. From the feet (you should do your soles if you have time) to knees, a few short strokes behind your knees where there is a density of lymph, then up over your thighs to your hips and over buttocks.

On your arms, start on your hands and brush up to your elbows, then up over upper arms to shoulders. A few gentle strokes under your arms is a bonus too - again because this area is concentrated with lymph.

Note: Dry brushing will cause temporary redness to the skin.

It couldn't be easier: body brush before your morning shower, grab your brush and do a few brisk strokes over your legs and arms while the water heats up - it takes two minutes or less!

Do it in the shower if it's quicker - you can brush wet or dry skin. But the main thing to remember is not to scrub your skin with the brush: maintain steady, long, swift strokes of the bristles.