



# WOOD THERAPY

## WHAT IS WOOD THERAPY?

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.

Wooden Therapy is an effortless and efficient way of contouring the body without harming the skin or tissue. Each Wooden instrument has a specific use for a particular area of the body. Wood Therapy also helps fight cellulite on your body leaving it silky and smooth. Wooden Therapy will tone, reduce, mold, and eliminate stored fat in different parts of your body. This practice of Wooden Therapy can also give natural buttocks lift without having costly, painful, or invasive plastic surgery.

Wood therapy has been practiced for centuries originating in the oriental countries. Wood therapy has evolved from using rough wood tools for more therapeutic purposes to smooth wood tools used for esthetics. In the 90s the country of Colombia perfected the tools to a smoother finish and developed unique technique for many kinds of therapies. The trendiest therapy is the wood therapy for esthetics. This new technique contours the body with wood tools to improve the body's appearance and aids overall health.

## BENEFITS

The technique employs a series of repetitive movements using more than a dozen different wooden instruments. These tools manipulate targeted areas of muscle, fat and cellulite, stimulating the lymphatic drainage system to rid the body of stored toxins. This release of toxins jumpstarts metabolism to burn fat. The manipulation also serves to break down stubborn pockets of cellulite, shrinking disproportionate bulges and smoothing orange-peel dimples

- 100% All-Natural, Non-Invasive & Free of Contraindications
- Loosens Tight, Restricted Muscles
- Stimulates Lymphatic Drainage
- Eliminates Toxins
- Speeds Metabolism
- Breaks Down Cellulite
- Burns Fat
- Tones, Tightens and Reduces Circumference

## CONTRAINDICATIONS

- Abrasions
- Sunburn
- Undiagnosed pain
- Inflammation, including arthritis
- Cardio-vascular conditions
- (thrombosis, phlebitis, hypertension, heart conditions)
- Oedema
- Psoriasis or eczema
- Uncontrolled high blood pressure
- Osteoporosis
- Cancer
- Nervous or psychotic conditions
- Heart problems, angina, pacemakers
- Epilepsy
- Diabetes
- Bells palsy
- Gynecological infections
- Fever
- Contagious diseases, inc: any cold or flu
- Under the influence of drugs or alcohol
- Recent operations or acute injuries
- Neuritis
- Skin diseases
- Varicose veins
- Undiagnosed lumps or bumps
- Pregnancy
- Bruising
- Cuts