

Roseline Academy
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MADEROTHERAPY: FACIAL SELF-MASSAGE

ONLINE COURSE MATERIAL



Contents

1	Introduction	1
1.1	Brief history of maderotherapy	1
1.2	Anatomy skin structure	1
1.3	Skin types	2
1.4	Lymphatic system/drainage	2
2	Facial Maderotherapy	3
2.1	Benefits	3
2.2	Maderotherapy tools	4
2.3	Products to use	4
2.4	Contraindications of maderotherapy	5
2.5	Aftercare	5

1. Introduction

1.1 Brief history of maderotherapy

Maderotherapy, also known as wood therapy, had been practiced for centuries. It originated in Asian countries. Wood therapy has evolved from using rough wood tools for more than therapeutic purposes. In the '90s, the country of Colombia perfected the tools for a smoother finish. They also developed a unique technique for many kinds of therapy. Nowadays, we mostly use the Colombians approach by using smooth wood tools. Today these techniques are used primarily for achieving aesthetics goals, but the massages have many health benefits too.

1.2 Anatomy skin structure

Here are some basic information about our skin.

The skin is the largest organ of the body.

Skin cells have an average life span of 19-34 day.

The average person is covered by 2.5 square yards (2 square meters) of skin that weigh around 9 pounds (4 kilograms).

The average person grows about 1000 completely new outer skins during a lifetime.

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 fibers
- 1,300 nerve endings to record pain
- 650 sweat glands
- 95-100 sebaceous glands
- 78 sensory apparatuses for heat
- 160-165 pressure apparatuses for the perception of tactile stimuli.

1.3 Skin types

Skin type is how our skin is due to the different genetic and hormonal makeup of bodies.

It can not be changed by external treatments but can change over time internally. The change happens due to menopause, use of medication, sun exposure.

You can improve the appearance of your skin, but the skin type will remain the same. Products will only have an effect on a skin type for as long as you maintain a good skincare routine.

Skin types are categorized as:

- Oily
- Lipid dry
- Sensitive
- Combination (of types mentioned above).

1.4 Lymphatic system/drainage

Lymph vessels make an intimate meshwork that covers every inch of your skin and surrounds each organ in great detail.

The lymph vessels start very small in what is called the initial lymphatic. Over 70% of the initial lymphatics are in and just under the skin. The initial lymphatic is a very delicate structure, one cell thick. Those cells are supported within the connective tissue by collagen and elastin fibers that help to anchor them in place. When the pressure within the interstitial space increases due to a buildup of fluid, or when the skin is slightly stretched, the filaments deform the wall of the initial lymphatic, opening it up.

Then the interstitial fluid flows in and starts to move along the channel. At this point, we start calling it lymph.

Although only 2-3 liters of lymph is filtered through the lymph system per day, it is vital because it helps to remove proteins that are too large to get back through the capillary wall. (Guyton and Hall, Human Physiology and Mechanisms of Disease, 6th edition, W.B Saunders Company, Philadelphia, 1997)

The spaces that open in the initial lymphatic are 4 to 6 times bigger than the areas in the capillaries. Removal of protein is essential because they draw water to themselves, so excess protein in the interstitial spaces causes swelling or edema. The lymph vessels also collect dead cells, waste products, bacteria, viruses, inorganic substances, water, and fats.

Thus, it is of high importance to stimulate our lymph nodes through a series of particular movements. This will allow all the toxins to be removed from our bodies.

2. Facial Maderotherapy

The maderotherapy is a therapy that involves the application of a massage through the use of various utensils of wood. Different sizes and shapes of these wooden tools are specially designed to adapt to different parts of the face.

It is considered a holistic technique, able to stimulate and balance the energy, reduce stress, and improves muscle tonus, and collagen production.

The use of this therapy is widely spread for aesthetic purposes, and *is considered a non-surgical facelift*. It is used to firm and tone the skin, reduce the appearance of the fine line and wrinkles, and remove toxins from your whole body through lymphatic drainage.

Each session lasts about 15-30 minutes. *Changes are visible after the third session*, although I recommend a full cycle of 7 to 14 sessions for satisfactory results. Treatments are to be performed every day, or if your skin is hypersensitive every other day. The number of cycles of treatments needed depends on person to person, your needs and concerns. If you are doing the massage for relaxation, you can do it one a week. If you are doing it for health and aesthetic purposes, you can do one or two cycles (14 or 28 sessions), and then do it once a week as part of your skincare routine.

The facial maderotherapy session begins by using a cleanser and a toner to prepare the skin for the session. Then, apply facial oil/ massage cream and follow the movements and instructions from the video.

The facial maderptherapy is an effortless and efficient way of contouring the face without harming the skin or tissue. Each wooden instrument has a specific use for a particular area of the face.

2.1 Benefits

There are many benefits of facial maderotherapy. Bellow find the biggest benefits of the treatment.

100% natural, non-invasive	defines and lifts facial muscles
lymphatic drainage, which helps to fight bacteria and viruses	rejuvenates your skin
stimulates collagen	increases absorption of serums and moisturizers
smoothes the skin	eliminates toxins
speeds up metabolism	brighter, radiant and glowing skin
tones and tightens your skin	boost your immune system

2.2 Maderotherapy tools

The maderotherapy instruments are designed to adapt to facial muscles and are made of wood. This material is one of the five elements of nature and is already used by Eastern cultures to manufacture cookware for therapeutic purposes. It is considered to be beneficial to our health.

Try to get wooden tools for the training, but if not jade/quartz rollers are a fantastic alternative for a home care regime. Clean wooden tools after every second use with Antiseptic spray, surgical spirit, or 70% alcohol and dried with a paper towel.

The most commonly used wooden tools are:

Smooth roller: It serves to activate the circulatory and lymphatic system and facilitates the relocation of fat cells. There are different types of rollers, which are chosen depending on the client's needs and concerns. The movements are straight, vertical, and horizontal over the main face muscles.

Contouring board: Due to anatomical shape, it is used for modeling and final lymphatic drainage. It helps to drain the fat and promotes the elimination of toxins, detox. It is used to model/contour the more delicate areas of the client's skin, like small areas. The movements are slide, glide, straight.

The smooth roller and contouring board are tools used for self-massage. The following tools are used during a facial treatment done on clients. I will list them so you know what they are for.

Engraved Massage Roller: Acts at dermis and hypodermis level, stimulates circulation drainage in the lymph glands. It causes hyperthermia. The movements are straight, vertical, and horizontal over the main face muscles.

Swedish Cup: It creates a vacuum effect that facilitates deep drainage. It is used to suction excess water from areas of concern and transfer them to the lymph glands; it is also used to "iron" fine lines and wrinkles. This cup will increase healthy blood flow and boost collagen production. The movements are upwards and empty it, pinching, bell movement.

2.3 Products to use

For successful massage treatment, it very important to choose the correct lubricant.

Your choice would depend on the kind of massage you are performing. Another criteria is the type and condition of your skin at the time of the treatment.

To choose the correct product to massage with, you would need to know what is the purpose of the massage.

If you perform a massage to increase lymphatic drainage, you can use talk or massage creams. If the purpose of massage is anti-aging, then use massage creams or oils with active anti-aging ingredients. These ingredients are different vitamins, elements that increase collagen production and circulation.

Depending on a skin type, there are different creams that you can use.

- For problematic and oily skin, we are using easy melting creams, made out of hydrocarbon and lypo gels.
- For the dry, dehydrated skin, we are using vitamin-boosted oils, with enough viscosity in them, or lightweight

creams, plants based.

- For the African skin, which is in the most cased dry, is the best choice to use emollient (hydrating) creams, with the natural absorbing ingredients.

All types of massage products need to be able to:

- spread evenly, without stretching the skin
- have a sliding effect, to avoid or minimize the friction
- hypersensitive
- hypoallergenic not to irritate the skin in any way or form
- active only on the skin surface
- be easy to wash.

2.4 Contraindications of maderotherapy

If you have any of the following conditions, you should not do the treatment!

- High blood pressure
- Cancer
- Open wound
- Burns
- Active acne
- Recent sunbed use or Sun Exposure
- 4 weeks after Chemical peels
- 4 weeks after any retinol treatment/steroid creams
- 4 weeks after any fillers
- 2 weeks after Botox treatment

2.5 Aftercare

In order to have better results in the reduction of puffiness, a healthy diet is recommended. To help with your diet plan, lymphatic system, and detoxification process, drink plenty of water and herbal teas.