

Roseline Academy  
by Jasmina Connelly

# MADEROTHERAPY: BODY SELF-MASSAGE

ONLINE COURSE MATERIAL



14-04-2020

# Contents

<b>1</b>	<b>Introduction</b>	<b>1</b>
1.1	Brief history of maderotherapy . . . . .	1
1.2	Cellulite . . . . .	1
1.2.1	Causes of cellulite . . . . .	1
1.3	Dry body brushing . . . . .	2
<b>2</b>	<b>Body Maderotherapy</b>	<b>3</b>
2.1	Benefits . . . . .	3
2.2	Maderotherapy tools . . . . .	4
2.3	Areas of application . . . . .	4
2.4	Contraindications of maderotherapy . . . . .	4
2.5	Bruising as a side effect . . . . .	4
2.6	Track your progress . . . . .	5
2.7	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 Cellulite

Cellulite was first recognized in the early 20th century, but we become more aware of it in the '60. Cellulite is a term for the formation of lumps and dimples in the skin. Common names for cellulite are orange-peel skin, cottage-cheese skin, hail damage, and the mattress phenomenon. Cellulite can affect both men and women, but it is more common in females, it's stored in connective and adipose tissue, which is full of fat cells, water, and toxins. All together, they are forming "the pockets." Cellulite is chronic inflammation and degenerative disease of connective tissue, primarily connective and elastic fibers, where female hormone estrogen and genetic factors play the most significant part. Between 80 and 90 percent of women may experience cellulite at some point in their lives.

### 1.2.1 Causes of cellulite

The exact cause of cellulite is unknown, but it appears to result from an interaction between the connective tissue in the dermatological layer that lies below the surface of the skin and the layer of fat that is just below it. In the female, the fat cells and connective tissue in this layer are arranged vertically. If the fat cells protrude into the layer of skin, this gives the appearance of cellulite. In the male, the tissue has a criss-cross structure, which may explain why the male is less likely to have cellulite than female.

Some other factors appear to be linked to the chance of having cellulite:

- Genetic and hormonal factors
- Smoking and alcohol
- Poor diet, coffee, and fizzy drinks
- Sedentary lifestyle and tight clothes
- Stress

Cellulite reduction is a long process, and complete lifestyle change is needed. Manual massage, especially maderotherapy, combined with an active lifestyle and healthy diet.

Manual massage is the fastest way to reduce the appearance of the cellulite. We can treat problematic areas, speed up metabolism, circulation, and lymphatic system.

## 1.3 Dry body brushing

### WHY?

Dry body brushing every morning before you start your day will help you metabolize toxins more efficiently, discouraging fluid retention, and cellulite. (the two are related to each other), as well as softening and toning your skin. The benefits are immediate and lasting.

Some of the benefits of dry body brushing:

- improves circulation
- evenly distributes fat deposits
- stimulates lymphatic drainage
- overtime can reduce cellulite
- removes excess fluid from the body
- rejuvenates the nervous system

### HOW?

It's so simple - just swift strokes, from your extremities up towards your heart. Starting from the feet towards knees, then over your thighs to your hips and buttocks. Reposition to 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, because this area is concentrated with lymph nodes.

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

### WHEN?

It couldn't be easier: turn on 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.

## 2. Body Maderotherapy

The maderotherapy, as its name suggests, is a therapy that involves the application of a massage through the use of various utensils of wood, different sizes, and shapes, and specially designed to adapt to different parts of the body.

It is considered a holistic technique, able to stimulate and balance the energy, reduce stress, and relieve muscular pains and joint. The use of this therapy has also spread for aesthetic purposes, since it can also be used to firm and tone the body, and to reduce localized fat and fight cellulite.

The maderotherapy therefore, applies in many centers, aiming to reaffirm and to shape the figure. Each session lasts about 30-45 minutes, and you can see changes from the third session, although I do recommend a full cycle of 10 sessions for satisfactory results. Treatments to be performed every day, or if your skin is hypersensitive, every other day. A number of cycles/block of treatments needed depends from person to person.

The maderotherapy session begins with a dry body brushing to prepare the skin and muscles. Then, the therapist applies oils with properties and start hand massage following the massage with the wooden accessories.

The maderotherapy 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. Wooden tools help diminish cellulite while toning the body.

It's very effective in activating the lymphatic system and smoothing out unwanted bulges.

### 2.1 Benefits

There are many benefits of maderotherapy on our bodies. In the table bellow find the biggest benefits of the treatment.

100% natural, non-invasive	breaks down cellulite
eliminates toxins	reduces sizes
activates lymphatic system	free of contractions
speeds up metabolism	fascia heat
tones and tightens the skins	shapes muscles
boosts imune system	fantastic to be combined with any products range and beauty treatment

## 2.2 Maderotherapy tools

The instruments that are used in maderotherapy, are designed to adapt to different areas of the body. They are made of wood, because this material - one of the five elements of nature, is considered to be beneficial to health.

These utensils, heavy and awkward to handle at the beginning, were perfected in the late '90s of the last century. The tools used for self-massage are:

**Engraved massage roller:** Acts at dermis and hypodermis level, stimulates circulation and drainage of the lymph glands, and will help eliminate the located adipose tissue. It causes hyperthermia. The movement is straight, circular, and zig-zag.

**Contouring board:** Due to anatomical shape, it is used for modeling and firming contours. It helps to drain the fat and promotes the elimination of toxins. It is used to model the more delicate areas of the client's skin, small areas, around the knee, and other joints. The movement is a slide, straight and zig-zag.

**Note:** After each use, wooden tools should be cleaned with Antiseptic spray and dried with a paper towel.

## 2.3 Areas of application

The back of the legs is divided into three sections: inner, middle, lateral. Gluts are divided into left and right. Front of the legs are divided into three sections; inner, middle, lateral. The abdomen is divided into a middle-top and bottom; lateral- left and right. Regular oil application is recommended to avoid friction.

## 2.4 Contraindications of maderotherapy

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

- Pregnant woman
- Breastfeeding woman
- At least four months after giving birth
- Varicose veins or any other cardiovascular disease (high blood pressure)
- Undiagnosed lumps and bumps
- Cancer
- Open wound or burns

Before you start the treatment, skin inspection should be performed.

## 2.5 Bruising as a side effect

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 you get older, your skin also becomes thinner and loses some of the protective fatty layers that help cushion your blood vessels from injury. Some medications, medical conditions, and supplements can contribute to easy bruising:

- Aspirin, anticoagulant medications, and anti-platelet agents reduce your 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 more significant bruise.
- Topical and systemic corticosteroids, which can be used to treat various conditions, including allergies, asthma, and eczema — cause your skin to be thin, making it easier to bruise.
- Certain dietary supplements, such as ginkgo, also can increase your bruising risk due to a blood-thinning effect. Thrombocytes have a big part in easy bruising; regular blood tests should be carried out.

## 2.6 Track your progress

The best way to track your progress is by taking before and after photos and by measuring the areas you will be working on.

Measure each time on the same spot, for example:

- Each leg 5 cm, 10 cm, and 25 cm above the knee
- Hips (widest point)
- Waist (over the belly button)

In a separate document of this course, you can find a sample chart that I use with my clients.

## 2.7 Aftercare

For the best results, a healthy diet and exercise are recommended, as well as anti-cellulite creams or gels after you complete the massage treatment. On [www.roselineacademy.com](http://www.roselineacademy.com), you can find FREE Diet and Exercise Course to help your cellulite reduction process.