

# What is Wood Therapy?

Wood therapy uses a vigorous massage technique, utilizing wooden, handheld massage-like tools. The proper use of wood therapy tools assists in breaking down fat and cellulite. Wood therapy is a safe procedure that can be performed nearly anywhere in the world.

How does wood therapy work?

Pressure is applied while rubbing skin in the flow of the lymphatic system with wooden tools. This helps in breaking up and eliminates body fat, reducing cellulite and assists in contouring your body. Possible mild discomfort during the procedure. Bruising is not permanent and will go away within a week of your visit.

## ADVANTAGES OF WOOD THERAPY

- \*Loosens tight muscles
- \*Assists in breaking down cellulite and burning fat
- \*stimulates blood circulation
- \*stimulates lymphatic drainage
- \*tones, tightens and reduces body circumference
- \*100% all natural, non-invasive
- \*Most will see results after 1st session

**\*\*Adequate water intake before AND after each treatment is highly recommended\*\***