



# Wood Therapy FAQ

## **1. WHAT IS WOOD THERAPY?**

In short, wood therapy uses a number of different wooden massage-like tools to help break down fat and cellulite. The wooden instruments are used to apply direct pressure to “problem areas” and essentially naturally eliminate excess body fat. The wood therapy we know today is actually based on an ancient Oriental wood manipulation that dates back hundreds of years!

## **2. ARE WOOD THERAPY AND BODY CONTOURING THE SAME THING?**

Not really. They are technically two different types of treatments but have basically the same goals. Wood therapy helps to break down your body fat while body contouring helps to tighten your skin and improve elasticity. There is a wide variety of different body contouring therapies, some more surgical in nature than others, but that’s a whole different blog post, my friends!

## **3. DOES WOOD THERAPY WORK?**

This is a tough one because everyone’s body responds differently to certain therapies. There are also other factors like age, weight, and frequency of treatment to consider as well. But for me, I found it both super relaxing and helpful! I would typically go once a week after working out with my trainer because I found it really helped with loosening my tight muscles and helping to naturally rid my body of toxins.

## **4. WHAT ARE THE BENEFITS OF WOOD THERAPY?**

There are a large number of benefits to getting wood therapy, which is why I made it a regular part of my workout and self-care routine. In addition to being super relaxing and stress-relieving, wood therapy can help with:

\*Loosening tight muscles

- \*Breaking down cellulite and burning fat
- \*Naturally eliminating toxins in your body
- \*Speeding up your metabolism
- \*Stimulating blood circulation and lymphatic drainage and more!

## **5. IS WOOD THERAPY SAFE?**

Since wood therapy is a 100 percent natural, non-invasive holistic massage treatment, it is generally considered safe. However, as I mentioned you should always consult with your doctor or massage therapist prior to beginning any new treatments just to be absolutely sure that this type of treatment is right for you!

## **6. HOW LONG DOES IT TAKE TO SEE RESULTS?**

This is another tricky one because it all depends on how often you're willing to go. But typically, you're able to see a small difference right after your first treatment. But most people really start to see the effects between their third and fifth treatments.

## **7. HOW LONG DO RESULTS LAST?**

Wood therapy is most effective as an ongoing treatment, similar to how regular massage therapy works. The more consistent you are with it, the more noticeable and longer-lasting the effects will be. However, the results that you experience will usually stick around for about three months after your last session which is great. So don't worry if you miss a session or two, your progress won't be lost! 8. HOW MANY MASSAGES ARE NECESSARY? If you want to get more concrete results, it is recommendable to do 6-10 massages in one series every other day. After the age of 50, the series should be repeated immediately next month, followed by maintenance.

