

# WOOD THERAPY

## Technical



**TEGODER**

COSMETICS



# Index

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# Introduction

Wood therapy is an ancient technique of oriental origin, in which rustic and heavy wooden instruments were used to relieve pain and improve the movement of Qi (the vital energy in oriental medicine).

It was at the end of the 20th century (around the 90s) when a trend of natural and alternative medicine entered Colombia. Therapists recovered this ancient way of performing their massages to help their patients in health-related recoveries. They "modernised" the wooden elements to adapt them to anatomical shapes. They redesigned the wood carving, studying each shape so that it would be effective in different layers and / or tissues; superficial or deep. And they perfected the ancestral massage technique, adding all the knowledge the therapists had.

From all this synergy, a deep, intense but non-invasive, therapeutic and aesthetic massage was achieved.

Nowadays, the wood therapy technique is considered a holistic technique, extending its use in the field of aesthetics, since it achieves a great lipo reductive, draining, toning and molding effect. In fact, the four actions that are most demanded by clients for their body beauty care.

As a massage technique, wood therapy is subject to a protocol, customising the preparation, application of active ingredients and the massage technique.

Go on, and learn about it.

# PHYSIOLOGICAL ACTIONS AND BENEFITS OF WOOD THERAPY

The benefits and actions of the wood therapy massage are multiple, in each movement, in each repetition we help in different layers and tissues, improving quality, texture and functionality.

It helps in the preparation and recovery of the skin from a pre- or post-surgery

It reactivates and stimulates the synthesis of collagen and elastin, improving skin toning

It activates the circulatory systems; arterial, venous and lymphatic

Relieves the feeling of tired legs, decongests and reduces inflammation

It favours the reduction and elimination of localised fat deposits

It intensely improves the different types of cellulite

It favours the recovery and narrowing of the waist

It reduces centimetres and defines shapes

It tones up the muscles

It rejuvenates and softens the skin

# CONTRAINDICATIONS

**Inflammations:** wood therapy will not be used on any body area that is inflamed, hot, red and painful. The doctor will diagnose before the treatment with wood therapy.

**Phlebitis, thrombosis and thrombophlebitis:** do not handle directly or on surrounding areas.

**Infectious processes and fever:** do not treat people suffering febrile episodes or infectious processes. That situation might worsen.

**Open wounds or ulcers:** do not work directly on the area; it may cause bleeding, infection and pain.

**Dermatitis or psoriasis:** the friction of the wood can cause irritation and worsen this type of skin atopias.

**Menstruation** in cases of heavy bleeding, avoid abdominal handling.

**Tumors:** totally contraindicated during cancer treatments. The massage can be performed only after discharge or with the consent signed by their oncologist.

# PRECAUTIONS

## **Hypotension:**

People with low blood pressure and prone to dizziness or momentary loss of vision, always use the precautionary measure to maintain them slightly sit up in the stretcher and let them stand up little by little.

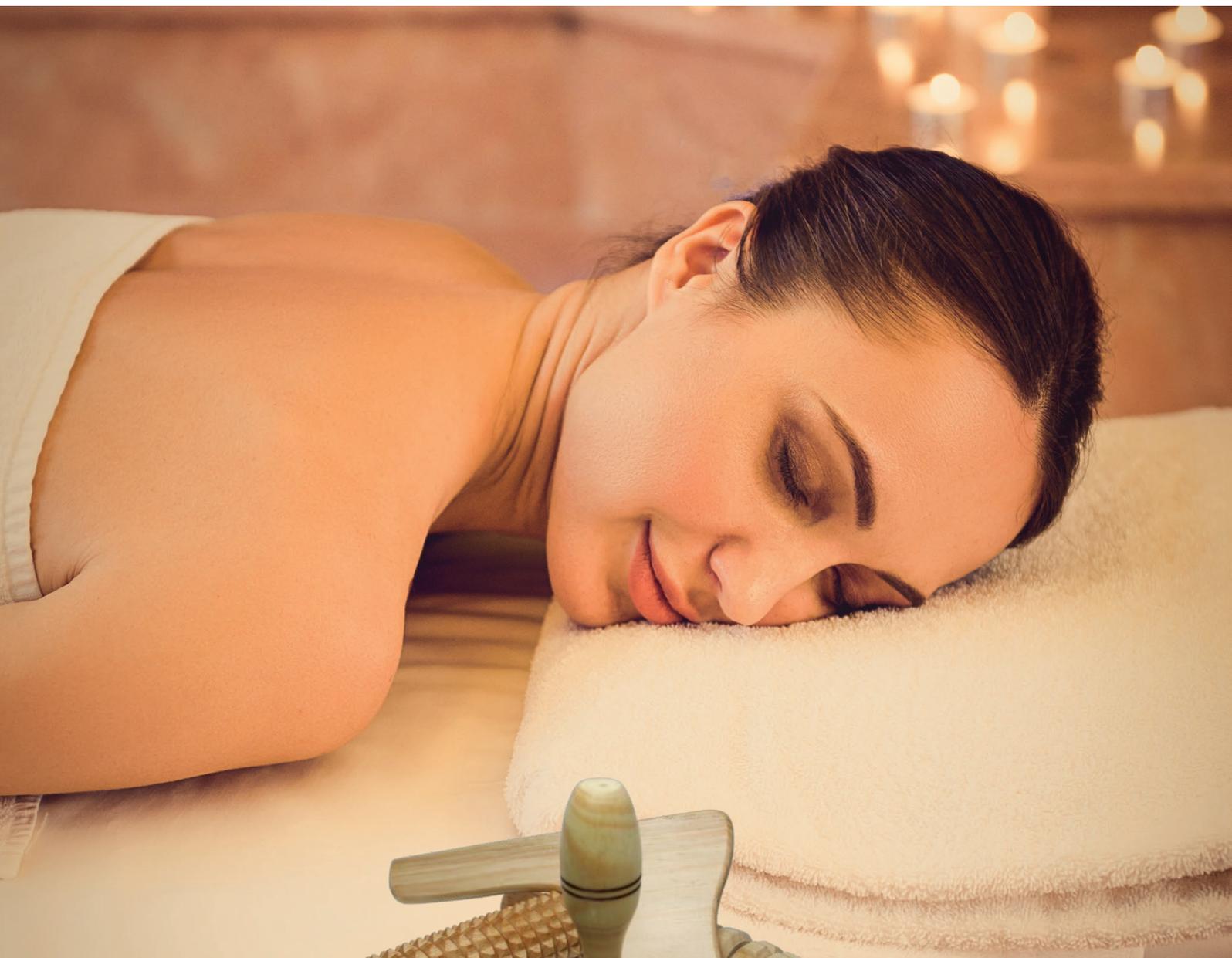
## **Pregnant women:**

Pre-partum, we can perform a soft and superficial massage on the legs once the first 4 months of gestation have passed.

Postpartum, we can perform the massage with wood therapy after 10 months-1 year (remember that we have our wonderful hands, while we wait to be able to do wood therapy we can perform manual lymphatic drainage with which we will help our client without hurting her).



# TEGODER BODY KIT



## FLUTED ROLLER

At the beginning of the session, it activates blood and lymphatic circulation, activating the area to be treated causing hyperemia. It works at dermis level and is widely used in anti-cellulite, reducing, firming and relaxing treatments.



## DIAMOND TIP ROLLER

It intensely works on the middle layer of the hypodermis. It activates lipolysis by progressively reducing the size of the adipocyte. It is widely used in anti-cellulite, reducing and firming treatments.



## CUBE ROLLER

It intensely works on the deep hypodermis. It allows working on the deepest fat and helping its dissolution. This roller is only used on those areas with a large fat volume (lower abdomen area (it is called abdomen flattener), thighs, buttocks).



## MODELLING BOARD

Because of its anatomical shape, it drains in depth, firms and moulds the contours. It helps to recover the girth. It is widely used in draining, anti-cellulite and firming treatments.



## SWEDISH CUP

It creates a vacuum that facilitates deep drainage, dragging all the toxins that we have been dissolving during the treatment.



# Protocols and Times ■



# Applications of Body Wood Therapy

## IMPORTANT TIPS FOR THE WOOD THERAPY MASSAGE

### CLEANSE THE AREA

For starting the massage a clean area is needed. Carry out a peeling in the first session, or in an initial skin cleansing and hydration session, perform a complete body peeling with deep hydration of the skin.

In following sessions, and in order to turn the treatment more practical and profitable, cleanse the area with Osmo-beauty Foam. This cleansing foam will remove all traces of cream or sweat that remain on the area.

### OPEN COLLECTORS / GANGLIONIC PACKAGES

This step is very important and fundamental. For this we use Energy Points Essence, a synergy of essential oils that will stimulate and activate the lymph nodes, preparing them to collect the toxins produced by the massage.

### PRESIÓN, RITMO Y TIEMPO DEL MASAJE

**Pressure:** adapt the pressure to the client's sensitivity and to the area to be treated. There are some areas that are more sensitive (inner thighs, areas with a lot of edema, inner arms...) where the pressure must be gentle in order not to cause any discomfort to the client. Otherwise, on other areas that are more resistant (back of the thigh, buttocks ...) the pressure can be deeper. In order to be sure that the massage is correctly done, you can ask the client if they are feeling any pain. In certain cases, a slight feeling of pain can be considered normal.

**Rhythm:** the rhythm will be fast, dynamic. In this massage, activation and heating is needed..

**Time:** As a reference, when using the 5 wooden elements for a treatment, the approximate time to work with each element is between 1 and 2 minutes.

The total time can be also distributed between the different areas treated or when the treated area is large, such as thighs. In such cases, the time for each area can be limited to 5 minutes in order to comply the whole treatment time.

### SIDE EFFECTS

During the first sessions, when the tissue is congested, bruises may appear because of the treatment. In the following sessions, congestion will reduce and bruises will not appear. However, the clients must be informed of this eventual side effect.

Bruises can also occur because of capillary fragility (it is easy to find out with the simple question "Do you bruise easily? If the answer is yes, apply a gentle pressure during the whole massage).

Another of the side effects that wood therapy can cause is a kind of "stiffness" or a sensation of pain at the muscular level, especially in hypotonic muscles.

# BREAST-TONING Treatment

The massage on the breast area will help this area maintain toned and embelished.  
It will achieve:

- Lifting and toning the bust (as long as there is no pectoral strain)
- Toning the muscles that support the mammary gland.
- Firming the tissue and the skin for a greater support.

It reinforces and tones the natural bra



Necessary elements:



FLUTED ROLLER



MODELING BOARD



SWEDISH CUP

# BREAST-TONING SALON PROTOCOL

Time 40'  
Frequency **once a week**  
Breast toning programme 6-8 sessions

## 1. BREAST CLEANSING 5'

Moisten one breast with warm water and apply a dose pump of Osmobeauty Foam, massage gently and rinse with warm water. Repeat on the other breast.

## 2. GANGLIAL OPENINGS 5'

The beautician will moisten their fingertips with some drops of Energy Points Essence and will start pumping (8 times) the following areas;

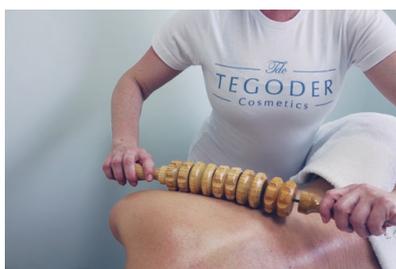
- Terminus
- Axillary area
- Thorax

## 3. APPLICATION OF FIRMING ACTIVE 5'

Apply one dose pump of Densfirm Complex with a firming and modeling massage until is fully absorbed.

## 4. WOOD THERAPY MASSAGE USING MUSCLE RELAX 20'

Start the massage in lateral decubitus, 5' each side;



### Fluted roller

Carry out upward, circular and zigzag movements from the waist towards the axillary area. Proceed with the drainage manually.



### Modeling board

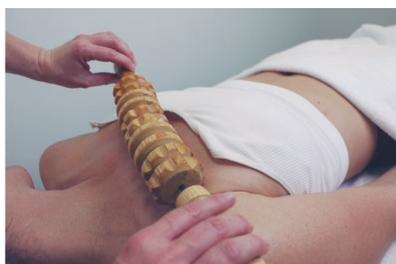
Carry out upward, circular and zigzag movements from the waist towards the axillary area. Proceed with the drainage manually.



### Swedish cup

Gentle glides from the lateral area to the breast area.

Repeat the same movements on the other side and place the client in supine position.



### Fluted roller

Gentle upward, circular and zigzag movements on the pectoral muscles.



### Modeling board

Gentle glides from the outer area of the breast to the inner area. Proceed to act on the entire mammary gland.



### Swedish roller

Smooth glides from the outer area to the inner area of the breast, over the entire mammary gland.

Finish with manual upward movements.

## 5. BREAST FIRING CREAM 5'

Apply Densfirm Breast Serum, with toning movements.

# YOUNG ARMS Treatment

The massage of the arms area will improve fat and water accumulation and lack of tone in the area. It will reduce and improve the look of the "bat wings";

- It drains and reduces the swelling of the arms.
- It reduces localised fat.
- It firms and tones up.

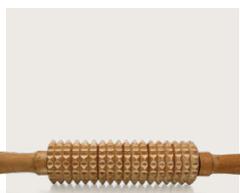
It achieves a toned and rejuvenated arm



Necessary elements;



FLUTED  
ROLLER



DIAMOND  
TIP ROLLER



CUBE  
ROLLER



MODELING  
BOARD



SWEDISH  
CUP

# YOUNG ARMS SALON PROTOCOL

Time 40'  
Frequency Twice per week  
Young arm programme 6-8 sessions

## 1. CLEANSING 5'

Moisten one arm with warm water and apply a dose pump of Osmobeauty Foam, massage gently and rinse with lukewarm water. Repeat on the other arm.

## 2. GANGLIAL OPENINGS 5'

The beautician will moisten their fingertips with some drops of Energy Points Essence and will proceed with 8 pumpings on the following areas;

- Terminus
- Axillary area
- Thorax

## 3. APPLY SLIMMING OR FIRMING ACTIVE 5'

1 dose pump of Lipoglaucin™ Concentrate to reduce fat.  
1 dose pump of Densefirm Complex to firm tissues up.  
Carry out a gentle massage until it is completely absorbed.

## 4. WOOD THERAPY MASSAGE WITH CRYODREN MASAGE OIL 20'

Massage each area for 5 minutes. The arm is divided into internal and external area. Start on the internal area by placing the client's hand under their head. This way, the whole internal area of the arm will be available to massage.



Fluted roller

Carry out upward, circular and zigzag movements from the elbow towards the armpit. Proceed with the drainage manually.



Diamond tip roller

Carry out upward, circular and zigzag movements from the elbow towards the armpit. Proceed with the drainage manually.



Cubes roller

Carry out upward, circular and zigzag movements from the elbow towards the armpit. Proceed with the drainage manually.



Modeling table

Gentle glides from the elbow towards the armpit and zigzag movements. Proceed with the drainage manually.



Swedish roller

Gentle glides from the elbow towards the armpit and zigzag movements. Proceed with the drainage manually.

Return the arm to its starting position and ask the client to grasp their opposite shoulder with their hand, this position allows the massage on the outer area of the arm. Repeat the above mentioned steps.



Fluted roller

Carry out upward, circular and zigzag movements from the elbow towards the armpit. Proceed with the drainage manually.



Diamond tip roller

We will make upward, circular and zic-zac movements, from the elbow to the armpit. We drain with our hands.



Cube roller

We will make circular and zic-zac movements, from the elbow to the armpit. We drain with our hands.



Modeling board

Smooth glides from the elbow to the armpit and zic-zac movements. We drain by hand.



Swedish cup

Smooth glides from the elbow area to the armpit and zic-zac shaping movements. We drain by hand.

After one arm is finished, proceed with the other arm.

## 5. SLIMMING OR FIRMING CREAM 5'

To end-up the treatment, apply Lipoglaucin™ crema, for slimming, or Densefirm Cream, for firming action.

# 3D FLAT ABDOMEN Treatment

This abdomen massage will achieve a flat abdomen and a slim girth. This massage is ideal to improve intestinal transit, reduce inflammation of the abdomen, reduce localised fat and firm.

- It drains, reduces inflammation and achieves a flat abdomen..
- It reduces localised fat.
- It firms and tones up.

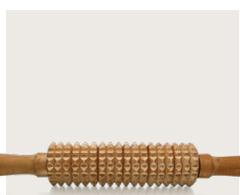
It achieves a flat and toned abdomen



Necessary elements;



FLUTED ROLLER



DIAMOND TIP ROLLER



CUBE ROLLER



MODELING BOARD



SWEDISH CUP

# 3D FLAT ABDOMEN SALON PROTOCOL

Time 60'  
 Frequency 2-3 times per week  
 3D flat abdomen treatment 8-10 sessions

Start the massage in supine position.

## 1. CLEANSING 5'

Moisten the abdomen with warm water and apply two Osmobeuty Foam buttons, perform a gentle massage covering the entire lateral area as well. Rinse with lukewarm water.

## 2. GANGLIAL OPENINGS 5'

The beautician shall moisten their fingertips with some drops of Energy Points Essence and start pumping (8) on the following areas; terminus, axillary area, thorax and inguinal area.



## 3. APPLICATION OF THERMAL SLIMMING ACTIVE MODELFIT™ CONCENTRATE 5'

Apply two-three dose pumps of ModelFit™ Concentrate to reduce fat. Massage gently until it is completely absorbed.

(Colon emptying, viscera mobilization, diaphragm release)

## 4. WOOD THERAPY MASSAGE WITH LIPOGLAUCIN™ ENZYMATIC OIL 45'

Divide the abdomen in frontal to be performed in supine position and lateral areas to be performed in lateral decubitus. Massage each area for 15 minutes.

Take special care with the bony protusions of this area: iliac crest bone or ribs.

Start in supine position. Divide the abdomen in two areas. From the navel downwards, massage with downward massage towards the inguinal area. From the navel upwards, massage with upward movements, towards the trunk thoracic area.



### Fluted roller

Carry out upward, circular and zigzag movements. Start on the lower navel, then on the upper navel. Proceed with the drainage manually.

### Diamond tip roller

Carry out upward, circular and zigzag movements. Start on the lower navel, then on the upper navel. Proceed with the drainage manually.

### Cube roller

Carry out circular and zigzag movements. Start on the lower navel, then on the upper navel. Proceed with the drainage manually.

### Modeling board

Gentle glides and zigzag movements. Start on the lower navel, then on the upper navel. Proceed with the drainage manually.

### Swedish cup

Gentle glides and modelling zigzag movements. Start on the lower navel, then on the upper navel. Proceed with the drainage manually.

With the client in lateral decubitus, carry out the massage from the hips up to the upper area of the ribs.



### Fluted roller

Carry out upward, circular and zigzag movements. Proceed with the drainage manually.

### Diamond tip roller

Carry out upward, circular and zigzag movements. Proceed with the drainage manually.

### Cube roller

Carry out circular and zigzag movements. Proceed with the drainage manually.

### Modelling board

Gentle glides and zigzag movements. Proceed with the drainage manually.

### Swedish cup

Gentle glides and modelling zigzag movements. Proceed with the drainage manually.

## 5. MODELLING SLIMMING CREAM MODELFIT™ CREAM 5'

To end up the treatment, apply ModelFit™ Cream, for slimming and modelling results.

# COMPLETE THIGH LIPO-DRAINING Treatment

The Lipo-Draining massage with wood therapy is designed to effectively treat generalised cellulite on the thighs (sometimes it also includes the calf area or even ankles) or in cases of generalised edematous cellulite.

- It mobilises retentions, reducing inflammation.
- It smoothes the appearance of cellulite.
- It firms the tissue improving the shape of the leg.

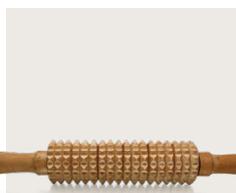
It decongests, reduces and tones up thighs



Necessary elements;



FLUTED ROLLER



DIAMOND TIP ROLLER



CUBE ROLLER



MODELLING BOARD



SWEDISH CUP

# COMPLETE THIGH LIPO-DRAINING SALON PROTOCOL

Time 60'  
 Frequency 2-3 times per week  
 Complete Thigh Lipo-Draining Program  
 8-10 sessions

Star the massage with the client in supine position.

## 1. CLEANSING 5'

Moisten one leg with warm water and apply two dose pumps of Osmobeauty Foam, carry out a gentle massage along the entire leg, front and back. Rinse with warm water. Proceed with the cleansing of the other leg.

## 2. GANGLIAL OPENINGS 5'

The beautician will moisten their fingers with some drops of Energy Points Essence and begin with 8 pumpings on the following areas: terminus, axillary area, thoracic trunk, inguinal area, popliteal fossa area and ankles.



## 3. APPLICATION OF CRYODREN CONCENTRATE 5'

Apply 1 vial of Cryodren Concentrate on both legs, ½ vial for one leg and ½ vial for the other. Carry out a gentle massage until it is completely absorbed.

## 4. WOOD THERAPY MASSAGE WITH CRYODREN MASSAGE OIL 40'

Massage the legs in 4 different areas: front, internal, lateral and back zone.

Massage each zone for 5 minutes.

Take special care with the knee and the inguinal area.

Start in supine position, front area of the thigh.



### Fluted roller

Carry out upward, circular and zigzag movements. From distal to proximal (caudal to cranial). Proceed with the drainage manually.

### Diamond tip roller

Carry out upward, circular and zigzag movements. From distal to proximal (caudal to cranial). Proceed with the drainage manually.

### Cube roller

Carry out circular and zigzag movements. From distal to proximal (caudal to cranial). Proceed with the drainage manually.

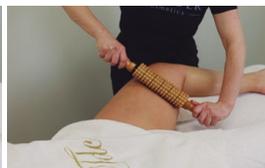
### Modelling board

Gentle glides and zigzag movements. From distal to proximal (caudal to cranial). Proceed with the drainage manually.

### Swedish cup

Gentle glides and modelling zigzag movements. From distal to proximal (caudal to cranial). Proceed with the drainage manually.

Inner side of the thigh: bend the leg to clear the internal area. It is recommended to place a support under the knee area in order to relax the internal muscles gracilis. Proceed with the same movements as before.



### Fluted roller

Carry out upward, circular and zigzag movements. From distal to proximal (caudal to cranial). Proceed with the drainage manually.

### Diamond tip roller

Carry out upward, circular and zigzag movements. From distal to proximal (caudal to cranial). Proceed with the drainage manually.

### Cube roller

Carry out circular and zigzag movements. From distal to proximal (caudal to cranial). Proceed with the drainage manually.

### Modelling board

Gentle glides and zigzag movements. From distal to proximal (caudal to cranial). Proceed with the drainage manually.

### Swedish cup

Gentle glides and modelling zigzag movements. From distal to proximal (caudal to cranial). Proceed with the drainage manually.

Repeat the same massage on the other leg: front and internal sides.

Let the client place in lateral decubitus. The leg to be massaged must be straight, and the other one bent to serve as a support.



**Fluted roller**

Carry out upward, circular and zigzag movements. Proceed with the drainage manually.

**Diamond tip roller**

Carry out upward, circular and zigzag movements. Proceed with the drainage manually.

**Cube roller**

Carry out circular and zigzag movements. Proceed with the drainage manually.

**Modelling board**

Gentle glides and zigzag movements. Proceed with the drainage manually.

**Swedish cup**

Gentle glides and modelling zigzag movements. Proceed with the drainage manually.

Massage from above the knee up to the hip.

Repeat the same massage on the other side

Once the massage is finished, let the client place in prone position and continue the massage on the back side of the thigh, including the gluteus if desired.



**Fluted roller**

Carry out upward, circular and zigzag movements. Proceed with the drainage manually.

**Diamond tip roller**

Carry out upward, circular and zigzag movements. Proceed with the drainage manually.

**Cube roller**

Carry out circular and zigzag movements. Proceed with the drainage manually.

**Modelling board**

Gentle glides and zigzag movements. Proceed with the drainage manually.

**Swedish cup**

Gentle glides and modelling zigzag movements. Proceed with the drainage manually.



We will repeat the same massage steps as in the other areas.

**5. LIPO-REDUCING CREAM LIPOGLAUCIN™ CREAM 5'**  
Apply Lipoglaucin™ Crema, to drain, reduce and firm.

# LEG LIPO-REDUCING treatment LOCALISED AREAS

The leg lipo-reducing massage with wood therapy is designed to effectively treat the accumulation of fat deposits localised in the sub-gluteal area, love handles and glutei. Focus and massage the most troubled areas.

- It activates and heats the cold fat deposits.
- It promotes the reduction of localised fats.
- It reshapes and improves the contours.

It reduces, reshapes and firms the contours



Necessary elements;



FLUTED  
ROLLER



DIAMOND  
TIP ROLLER



CUBE  
ROLLER



MODELLING  
BOARD



SWEDISH  
CUP

# LEG LIPO-REDUCING LOCATED AREAS SALON PROTOCOL

Time 60'  
Frequency 2-3 times per week  
Complete Thigh Lipo-Draining Program  
8-10 sessions

Start this massage in supine position. The massage of both the front and the internal side of the leg will be done manually, with an activating massage, but extending the massage time and using wood therapy for troubled areas.

## 1. CLEANSING 5'

Moisten one leg with warm water and apply two dose pumps of Osmobeuty Foam buttons. Proceed with a gentle massage on the whole leg, front and back. Rinse with warm water. Repeat on the other leg.

## 2. GANGLIAL OPENINGS 5'

Moisten the beautician's fingers with a few drops of Energy Points Essence and begin with 8 pumps on the following areas; terminus, axillary area, thoracic trunk, inguinal area, popliteal fossa, ankle.

## 3. APPLY LIPOGLAUCIN™ CONCENTRATE 5'

Apply 2 dose pumps per leg, insisting on the most troubled areas. Massage until it is totally absorbed.



## 4. WOOD THERAPY MASSAGE WITH LIPOGLAUCIN™ ENZYMATIC OIL 40'

Divide the leg into 4 areas: front, internal, lateral and back.

For front and internal areas, carry out manual emptying movements and gentle kneadings. Treatment time for both areas 5'.

Change position to lateral decubitus in order to proceed on the love handles intensely.



### Fluted roller

Carry out upward, circular and zigzag movements, insisting on the troubled areas. Proceed with the drainage manually.



### Diamond tip roller

Carry out upward, circular and zigzag movements, insisting on the troubled areas. Proceed with the drainage manually.



### Cube roller

Carry out circular and zigzag movements, insisting on the troubled areas. Proceed with the drainage manually.



### Modelling board

Gentle glides and zigzag movements, insisting on the troubled areas. Proceed with the drainage manually.



### Swedish cup

Gentle glides and zigzag modelling movements, insisting on the troubled areas. Proceed with the drainage manually.

Treatment time between 5' and 10' per leg.

Proceed with the other side in the same way. Then, ask the client to move to prone position, in order to proceed with the back area, sub-gluteal and gluteal. Massage time between 5' and 10' per leg.



### Fluted roller

Carry out upward, circular and zigzag movements, insisting on the troubled areas. Proceed with the drainage manually.



### Diamond tip roller

Carry out upward, circular and zigzag movements, insisting on the troubled areas. Proceed with the drainage manually.



### Cube roller

Carry out circular and zigzag movements, insisting on the troubled areas. Proceed with the drainage manually.



### Modelling board

Gentle glides and zigzag movements, insisting on the troubled areas. Proceed with the drainage manually.



### Swedish cup

Gentle glides and zigzag modelling movements, insisting on the troubled areas. Proceed with the drainage manually.

## 5. LIPO-REDUCING CREAM LIPOGLAUCIN™ CREMA 5'

End up the treatment applying Lipoglaucin™ Crema, in order to drain, reduce and firm.

# LIGHT LEGS Treatment

Light legs wood therapy massage is designed to offer a rest to legs suffering heaviness, which swell or suffer pain because of heaviness. Review the contraindications for safe work. This massage will:

- Mobilise and eliminate retained liquids
- Activate the whole circulatory system improving circulation.
- Eliminate heaviness and weariness of the legs.

It reduces inflammation, detoxifies and eliminates the fatigue sensation from the legs



Necessary elements:



FLUTED ROLLER



MODELLING BOARD



SWEDISH CUP

# LIGHT LEGS SALON PROTOCOL

Time 60'  
Frequency 2-3 times per week  
Complete Light legs programme  
8-10 sessions

## 1. CLEANSING 5'

Moisten one leg with warm water and apply two Osmobeauty Foam buttons, perform a gentle massage covering the entire legs, anterior and posterior. Rinse with lukewarm water. Repeat cleaning on the other leg.

## 2. GANGLIAL OPENINGS 5'

Moisten the beautician's fingers with a few drops of Energy Points Essence and begin with 8 pumps on the following areas; terminus, axillary area, thoracic trunk, inguinal area, ankle.

## 3. APPLY CRYODREN CONCENTRATE 5'

Apply 1 vial of Cryodren Concentrate on both legs, ½ vial on one leg and ½ vial on the other. Massage gently until it is completely absorbed.



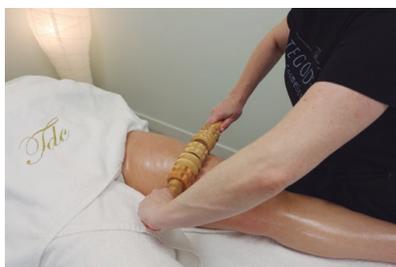
## 4. WOOD THERAPY MASSAGE WITH CRYODREN MASSAGE OIL 40'

Divide the legs into 4 areas: front, internal, lateral and back.

Treatment time for each area 5'.

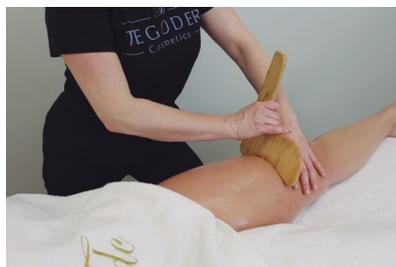
Take special care with the knee and the inguinal area.

Start in supine position: front area and internal area of the thigh.



### Fluted roller

Carry out upward, circular and zigzag movements. Proceed with the drainage manually.



### Modelling board

Gentle glides and zigzag movements. Proceed with the drainage manually.



### Swedish cup

Gentle glides from the lateral area towards the internal area.



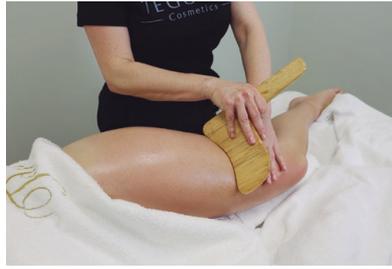
End up with manual upward movements.

Proceed with the massage on the other leg and ask the client to move to lateral decubitus, in order to massage the lateral and back areas.



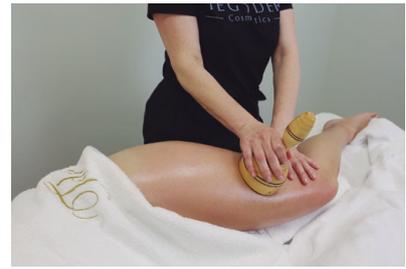
Fluted roller

Carry out upward, circular and zigzag movements. Proceed with the drainage manually.



Modelling board

Gentle glides and zigzag movements. Proceed with the drainage manually.

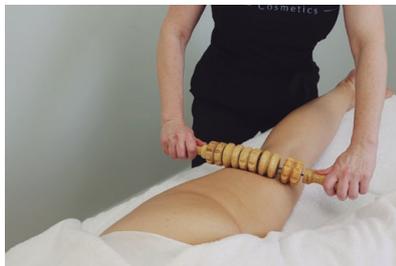


Swedish cup

Gentle glides from the lateral area towards the internal area.

End up massaging with upward movements.

Proceed with the massage on the other side and place the client in prone position. Repeat the movements on both legs.



Fluted roller

Carry out upward, circular and zigzag movements. Proceed with the drainage manually.



Modelling board

Gentle glides and zigzag movements. Proceed with the drainage manually.



Swedish cup

Gentle glides from the lateral area towards the internal area.

End up with manual upward movements.

#### 5. CIRCULATORY CREAM LIF CREAM 5'

Apply Lif Cream with upward movements.

# GLUTEUS PUSH-UP Treatment

The gluteus push-up wood therapy massage is developed to firm and tone flaccid glutei and to provide volume and shape to "flat" glutei. It achieves the following effects:

- Firming the tissues favouring the reduction of the sub-gluteal folds.
- Firming and replacing the gluteal muscles.
- Improving the shape and contour of the glutei.

It firms up, tones and shapes the gluteus



Necessary elements:



DIAMOND TIP ROLLER



FLUTED ROLLER



CUBE ROLLER



MODELLING BOARD



SWEDISH CUP

# GLUTEUS PUSH-UP SALON PROTOCOL

Time 40'

Frequency 2-3 times per week

Gluteus push-up treatment 6-8 sessions

This massage specially focuses on the gluteal area in order to firm and tone up. WATCH OUT! In this case, start in supine position with the ganglial openings.

## 1. GANGLIAL OPENINGS 3'

Moisten the beautician's fingers with a few drops of Energy Points Essence and begin with 8 pumps on the following areas: terminus  
thoracic trunk, inguinal area.  
Change to prone position.

## 2. CLEANSING 3'

Moisten the area with warm water and apply two dose pumps of Osmobeauty Foam. Rinse with warm water.

## 3. APPLY THE FIRMING ACTIVE DENSEFIRM COMPLEX 5'

Apply 2 dose pumps per gluteus and and carry out an upward activating massage.



## 4. WOOD THERAPY MASSAGE WITH LIPOGLAUCIN™ ENZYMATIC OIL 20'

Start the massage on the sub-gluteal area towards the lumbar region. Massage each each gluteus for 10'.



### Fluted roller

Upward, circular and zigzag movements. Proceed with the drainage manually.



### Diamond tip roller

Upward, circular and zigzag movements. Proceed with the drainage manually.



### Cube roller

Upward, circular and zigzag movements. Proceed with the drainage manually.



### Modelling board

Gentle glides and zigzag movements. Proceed with the drainage manually.



### Swedish cup

Gentle glides and zigzag movements. Proceed with the drainage manually.

Repeat the massage on the other side.



## 5. FIRMING CREAM DENSEFIRM CREAM 5'

End up applying Densefirm Cream for firming effect.

# PRE- AND POST-PARTUM Treatment

The pre- post-partum wood therapy massage is designed to reduce liquid retention in legs, fatigue and heaviness. Before starting, review the contraindications and precautions. This massage:

- Reduces leg swelling.
- Reduces liquid retention.
- Eliminates weary legs.

It eliminates liquids and reduces the feeling of heaviness



Necessary elements:



FLUTED ROLLER



MODELLING BOARD



SWEDISH CUP

# PRE- AND POST-PARTUM SALON PROTOCOL

Time 35'  
 Frequency 2 times per week  
 Pre- and post-partum treatment 6-8 sessions

The two positions for this massage are supine position and lateral decubitus. Take into account that no wood therapy massage can be done until the first 4 months of pregnancy have passed.

No wood therapy post-partum massage can be done until 10 months to 1 year have passed. A gentle manual draining massage can be done in order to reduce inflammation in the abdominal area.

## 1. CLEANSING 5'

Moisten one leg with warm water and apply two dose pumps of Osmobeauty Foam, carry out a gentle massage on the whole leg, front and back. Rinse with warm water. Proceed on the other leg.

## 2. GANGLIAL OPENINGS 3'

**Do not use Energy Points Essence for pregnant or breastfeeding women. In these cases, simply use the pressure of your hands.**

Terminus, inguinal zone, popliteal fossa, ankles.



## 3. WOOD THERAPY MASSAGE WITH ALMOND OIL (FIRST COLD PRESSURE) 20'

In these cases the pressure will be much softer and the pace slower.

Start in supine position to massage the front and the internal sides of the leg. Repeat the massage on the other leg.



### Fluted roller

Carry out upward, circular and zigzag movements. Proceed with the drainage manually.



### Modelling board

Gentle glides and zigzag movements. Proceed with the drainage manually.



### Swedish cup

Gentle glides and modelling zigzag movements. Proceed with the drainage manually.

Turn to lateral decubitus in order to massage the back and lateral sides of the legs, from the thigh to the calf muscle.



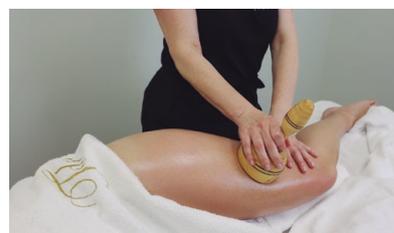
### Fluted roller

Carry out upward, circular and zigzag movements. Proceed with the drainage manually..



### Modelling board

Gentle glides and zigzag movements. Proceed with the drainage manually.



### Swedish cup

Gentle glides and modelling zigzag movements. Proceed with the drainage manually.

## 4. CIRCULATORY CREAM LIF CREAM 5'

Finish the massage applying Lif Cream, in order to reduce liquid retention.

# CLEANING and MAINTENANCE

After each massage, clean, sanitise and hydrate the wood tools, so that they are always ready to be used for a new treatment.

## NECESSARY PRODUCTS:

- 2 microfibre cloths
- Neutral cleanser
- Alcohol (minimum 70°)
- 1 small, soft brush (sort of nailbrush)

## HOW TO CLEAN AND SANITISE THE WOODS THOROUGHLY AFTER EACH SESSION:

1. Dampen one microfibre cloth with hot water a soft soap (preferably antibacterial). Rub all wood tools completely in order to remove all rests of oil.
2. Once a week wash the fluted roller and the diamond tipo roller with a brush dampened in soapy water.
3. Dry the wood tools with a clean microfibre cloth.
4. Atomise each wood tool with alcohol in order to sanitise the material and then dry them thoroughly.
5. Apply a little vegetable oil (almond, hazelnut or the one in use) on every wood tool in order to nourish the wood.

AND THEY ARE READY FOR THE NEXT MASSAGE.





GRUPO TEGOR  
48170 Zamudio (Bizkaia) ESPAÑA  
Tfno.: (+34) 94 454 42 00 / Fax: (+34) 94 454 51 43  
[tegor@grupotegor.com](mailto:tegor@grupotegor.com) / [www.tegodercosmetics.com](http://www.tegodercosmetics.com)