

## “Bamboo Therapy” - 3



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### Bamboo Therapy

#### Introduction:

- History of Bamboo Therapy
- Plants
- Benefits
- Application of Massage

#### “Bamboo Therapy”

The Bamboo Therapy is an Oriental relaxation Technique. Bamboo is one of the most multifaceted (Plant) of our Planet. It has earned its reputation from its noble and soft appearance as well as its perseverance under harsh conditions in the orient; bamboo symbolizes strength, fertility, young, prosperity and Peace. Bamboo is essential and unique because its walls are covered with silica, this creates an outer cover of tiny quartz-Like crystal matrixes that are activate when they encounter the right conditions of mechanical stress. This plant is from Asia, America, Africa, and Oceania, ancient plants, hardy and a typical and mythologies that have stimulated symbolizes in different cultures, especially Eastern. Symbolizing these

flexibility, welfare, elasticity, sincerity and good luck. It is also called steel plant for strength and durability.

This plant has provided over 1,500 uses, valid in the past and with other possible for the future. One is the bamboo therapy, which consists of a relaxation technique this kind of therapy will give many benefits including, reducing the physical processes of the human body. “Bamboo Therapy”

“The ([Benefits](#)) of Massage Bamboo” How can massage bamboo help? Many of today health problem arise from stress, because stress upsets the delicate integral balance of all your body functions. Regaining this balance requires a holistic approach.

Massage therapy not only treats those parts of you which are a problem. But also affects the whole of your metabolism threw normalizing your circulatory, muscular and nervous system and their interdependent functioning.

**Massage Bamboo is safe and effective when used for stress management,** but it is also widely used to help obtain relief from many specific problems, including the followings: -Arthritis -Bursitis -Circulatory Problems -Leg aches -Neck and shoulder Pain -Tendonitis -Migraines -Whiplash - Respiratory Problems -Post injury re-habilitation.

This Therapy is used to **eliminate the water retention**, induce deep relaxation and re-energize the body. A unique blend of slimming essential oil and firming cream is massaged in to the body to aid cellulite breakdown and to tone up. Bamboo therapy it provides a deep state of relaxation by loosening deep layers of tight muscles, relieves aches and pain it also improves blood circulation and skin tone.

This technique of pressure and frictional sliding produces a fluid dynamics that encourage drainage and tissue regeneration, Important to combat cellulite and reshape the silhouette of the body. This Bamboo provides our body and mind to a state of deep relaxation to avert the tensions accumulated during the day. This Bamboo Therapy works; there are certain steps to follow: The different size of the bamboo canes are essential for

exploring every inch of the body, combined with gentle movements and deep landslides act specifically on the nervous system, while the compression deep and light instantly correcting the most congested areas ending with friction and percussion. It reflects the beneficial effects for toning skin, tendons and joints, reduce muscle tension. “Bamboo Therapy”

Massage with Bamboo (**Sticks**) as an old style of massage therapy and bodywork that incorporates ancient Chinese principles and philosophy. With different sizes and cuts of Bamboo sticks, this use of bamboo will help you to work deeper and more effectively.

[How to Apply](#), The Massage Bamboo Sticks. Application of the technique and Benefits of bamboo therapy: This bamboo therapy **is applied in the sense of the small hands of the clock** The therapy begins applying a bit of oil for it to eliminate the energy blockades, At the outset a strange sensation can fell but every time it is made but pleasant.

The therapy starts at the feet with small pressure with the bamboo sticks going smooth until you reach the head, **always in the sense of the clock** **Different diameters and lengths are use because these individually let calibrate the pressure of each vascular crossroad and each relief of the body**, this allows to physically relaxing. Application of the techniques of the massage with bamboo should be done in the small hands of the clock; the massage begins applying a bit of oil on the body for it to eliminate the energy blockades. Person applying the massage will direct to the pantorrilla and with it begins in revolving form the movements until arriving at the thigh, stems of different diameters and lengths are used because these individually let calibrate the pressure of each vascular crossroads and each relief of the body.

This allows to physically giving harmony not only to the body but inner to the soul. This therapy is also applied in the face, the head, elbow and the hands, once mouth be applied massage arrives goes to the second part of the session, then the person turns around and the therapist or person applying the massage “[Bamboo Therapy](#)”

Begins a similar process that begins by a foot advancing by the thigh, the back, the head and on the other repeats the cost until finishing in other foot. This therapy looks for to maintain the vigor and the longevity in the human being when stimulating the antibodies, the backache, **Reduces the tendonitis, Bursitis, Arthritis, and the neck pain reduces**. This massage of pressure by sliding favors the drainage and the regeneration of weaves for that reason it is that the silhouette is effective to remote, also it serves to alternates line of the face derived from the tension and the gestures that the people do constantly. This Therapy is safe and effective when it is used to obtain lightening for many specific problems. Bamboo sticks and oils are used, **this massage has a therapeutic effect on the body, which generally last for days after the treatment**. The hard session around 45 to 60 minutes and finalizes with applications of lukewarm towels on the body by around 10 minutes , In this session or approximately 1 hour it leaves the person with a sensation of satisfaction that can last several days.

[Massage Bamboo](#) Therapy can benefit people of all ages and conditions- babies, children, pregnant women, animals, the elderly, and those in chronic care. “Bamboo Therapy”

A wonderful treatment for your self is the perfect touch to complete a full body massage and fell good not stress. Those Bamboo sets are lightweight and easy to carry. **This exotic, luxuries technique allows you to apply from the comfort of your home**. “The Bamboo Massage is both relaxing and soothing resulting in a wonderful release of the body tension

**Massage Bamboo Kit is an elegant edition to any Spa or Salon that is looking for the highest quality in massage and also at your own home comfort.**

Due to the natural materials used, Sizes, Color and Texture will vary.

Thank you for reading; *I hope this will be a pleasant spa treatment.*

For More Information: [Contact@massagebamboo.com](mailto:Contact@massagebamboo.com)

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