

Information on STR[®] techniques



Gua Sha scraping technique

The *Gua Sha* scraping technique is a TCM (Traditional Chinese Medicine) healing technique. The areas of treatment are the back, head, neck, shoulders, chest, arms, legs and joints.

Superficial or deeper blockages located in the treated areas are dissolved by scraping and rubbing, even in deeper layers of tissue and, therefore, are metabolized and removed by the body. Further, this accelerates the metabolism and the immune system, the cells are better supplied with oxygen. Toxins and sediments are cleared off faster and muscle tensions are resolved.

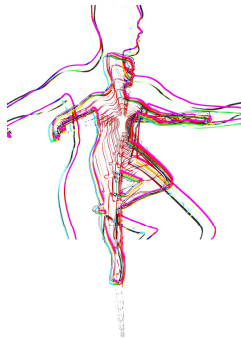


Vertebra cupping

Vertebrae cannot only be misaligned side wards, but can also move inwards and be therefore misaligned 3-dimensionally.

Vertebrae which are misaligned inwards usually don't only lead to an energetic shortage of the inner organs, but also interrupt the pain signal conduction. This further leads to a pain radiation to neighboring areas. Vertebra cupping is applied on the back while the client lies in a face-down position on the massage bed. According to the area to be treated different sizes of cups are placed on the back and a vacuum is produced in the cups.

The vertebra follows the suction effect of the cup.



Sensomotorics[®]

A constant false posture, operations or other traumas can cause that the brain "forgets" to trigger certain muscles. Limited mobility, ever further developing false postures and pain are the inevitable consequence.

Sensomotorics[®] reintegrates forgotten muscles into the muscular system through simple exercises and soft treatment techniques. Reestablished movement patterns result in higher mobility and freedom from pain. Conscious awareness of the movement is paramount and not just the mechanical performance of exercises.



Ear acupressure

Reflex zones can also be found in the ear – similar to foot soles and palms. These targets points correspond to areas of the body.

By applying special plasters with small beads on pressure-sensitive points the respective areas of the body are stimulated. The plasters stay for approx. 1 week and should be pressed daily, in order to send regular impulses to the concerned areas to activate them.