

Linda Wu Massage Therapist License



My services

Chronic pain (joint , heel ,sciatica, lower back and knee etc..), post injury, muscle tension/spasm/tissue damage Fascia. Rheumatism, chills, loss of energy, fatigue etc.. Myofascial Release; refill body energy; Swedish massage. cupping, guasha, moxibustion, lose belly fat

Massage 4-Packs 60 mins

Our therapeutic massage 4 packs are discounted 20% off from regular prices and expire 1 year from date of purchase. You can use them anytime

Address: 7404 D Chapel Hill RD, raleigh ,NC 27607

Book : www.wutherapeutic.com

I started my exploration into natural and holistic therapy as an herbalist at a healing practice for 15 years in China. I worked with massage therapists, observing and later learning their massage techniques. I have enjoyed practicing different modalities on myself, family, and friends. In addition to helping people regain their quality of life; the efficacy and efficiency of the multiple techniques and applications are what attracts me to massage therapy. I understand that the body is a unit (holistic). Structure and function are reciprocally interrelated. I get to know

each of the patients on an individual basis so I can determine which combined modalities (Massage; Acupressure Meridian; Cupping; Moxibustion; Gusha therapy; Thermotherapy) will best meet their needs.

Myfascia Release & Activation

A note from Cleveland Clinic:

Your fascia is a sheath of stringy connective tissue that surrounds every structure in your body. It provides support to your organs, muscles, tendons, ligaments, tissues, nerves, joints and bones. Fascia is one continuous layer, so it's flexible and moves with your body. When your fascia tightens, it can restrict the movement of your muscles and tissues, causing pain and other health conditions, so it's important to keep fascia healthy by moving and stretching your body.

Myofascial relaxation mainly achieves the relaxation and pleasure of superficial and deep fascia and inner spirituality through communication between proprioception and the brain. The myofascial remodeling period is 6-18 months and needs to be accompanied by myofascial relaxation and myofascial exercise, with a frequency of 1-2 times per week. Supplementation with collagen and fats, etc., with a reduction in carbohydrates to reduce fascial inflammation, can help maintain a healthy fascia.

One of the exercise science bibles, "Proprioception and Neuromuscular Control in Joint Stability," was established by a group of experts in 1997 to create the framework for the sensorimotor system and the operation of sensory-motor systems and neuromuscular control. At that time, the commonly recognized proprioceptive receptors were muscle spindles and Golgi tendon organs in muscles and tendons, and these receptors were utilized to create many relaxation and training techniques.

Fascia is a communicative tissue that contains proprioceptive receptors, including muscle spindles, Golgi tendon organs, Pacinian corpuscles, Ruffini corpuscles, and interstitial receptors. Through these receptors' connection with the brain, the body can regulate different corresponding nerves/muscles/organs/emotions and establish a bridge for communication with the brain.

Cupping & Gua Sha Therapy

Cupping and Gua Sha therapy can effectively eliminate dampness and toxins from the body while being safe. After each cupping session, circular marks are left on the back, and these colors actually indicate where the body has problems.

If the cupping marks are dark purple and dull, it indicates blood stasis in the body, such as poor circulation of qi and blood in the meridians, dysmenorrhea in women, or insufficient blood supply to the heart. Of course, if the body has recently been heavily affected by wind and cold, dark purple and dull marks may also appear. If the marks do not disappear after several days, it often indicates that the condition has been present for a long time and needs to be treated for a longer period of time.

Therapeutic Massage with meridian Therapy

General Physiologic Effects

- Breaks down adhesions or scarring
- Increases flexibility and mobility
- Increases joint range of motion
- Balances pH levels
- Reduces pain and inflammation
- Increases cellular metabolism

Psychological Benefits

- Reduces stress or perception of stress
- Encourages better nutrition, exercise, and health practices
- Reduces pain, both physical and emotional
- Reduces fatigue, both physical and emotional
- Increases productivity and morale
- Promotes a sense of confidence and control
- Promotes deep relaxation
- Promotes feelings of being healthier, more relaxed, invigorated, energetic, peaceful, and even more youthful
- Helps rebuild a positive self-image and sense of self-worth

Acupressure Meridian Therapy

Acupressure and Acupuncture charts show where the meridian lines are on the body. The points are where vital energy gets blocked on the meridians, and where you can most effectively release the resulting tension, numbness, or pain.

As healing energy flows through the meridians, it governs blood circulation and harmonizes all functions of the body. The meridian pathways and Acupressure points for transmitting Qi healing energy is key to transformational energy work, including therapeutic touch and massage therapy.

The color and location of the blister and marks that appears after cupping may reflect the body's condition

Blistering generally occurs on a person-to-person basis, depending on certain personal health factors. The color of the marks that appears after cupping may vary due to different reasons, and different colors cannot simply indicate a certain disease. However, according to traditional Chinese medicine theory, the color and location of the blister may reflect the body's condition, as follows:

Red: indicates relatively good local blood circulation and qi and blood circulation, but may also indicate inflammation or infection.

White: generally indicates poor local blood circulation, cold body constitution, or may be mild edema.

Black: may be due to local tissue injury, contusion, or congestion caused by meridian blockage or excessive dampness in the body.

Purple: may be caused by congestion, meridian blockage, or excessive dampness in the body.

If there is moisture inside the cup, it indicates that there is dampness in the corresponding area of the body.

If blisters appear under the cupping marks, it indicates heavy internal dampness. If there is blood in the blister, it is a reflection of damp-heat toxins in the body .

marks will fade away from 3days to 2 weeks, it's varies,up to individual physique.

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