

Scar Therapy

Improve the appearance & function of your scar.

Restore scar therapy is a non-invasive treatment to improve the look, feel, and mobility of scar tissue. It supports both physical and emotional healing after surgery or injury.

Benefits.

Restore scar therapy can:

- Soften scar tissue, fibrosis, and adhesions
- Relieve pain, tightness, and sensitivity
- Improve movement and posture
- Enhance oxygenation, lymph drainage, and tissue flexibility
- Support emotional recovery and body acceptance

Techniques used:

- Specialist scar massage
- Fascial release
- Cupping
- Lympha Touch (negative pressure and vibration)
- Taping, movement, and exercises

What to expect:

- History and assessment
- Scar examination
- Tailored treatment plan

When to start:

Begin therapy from 6–8 weeks post-surgery.

Look for signs such as:

- Raised or firm scars
- Pain, numbness, or itching
- Limited movement in nearby joints

Suitable for all ages and types of scars, including from surgery, burns, stitches, or even intraoral procedures.