

# What is Scar Therapy?



## Scar tissue is less functional

As your body heals after an injury, scar tissue forms. Scar tissue is fibrotic and less mobile than pre-injury. Adhesions may form, sticking together layers under the skin.

## The RESTORE Scar Therapy Method



A method of non-invasive physical therapy developed to treat scar tissue, fibrosis and adhesions. Using specialist scar massage and fascial release, therapy tools and self-care advice to promote healthy recovery.

## Holistic recovery

physical  
emotional self-care  
fascial restrictions  
scar massage  
adhesions

## How can scar therapy help?

- ✓ Stimulate change to scar tissue on the skin surface, and to adhesions or fibrosis in the underlying tissue.
- ✓ Reduce common symptoms, such as pain and sensitivity.
- ✓ Promote functional and cosmetic improvements after surgery or injury creates scar tissue.

## Gentle treatment with great results

The RESTORE method has been developed by the UK's leading scar therapy teacher and Harley Street scar specialist, Emma Holly. RESTORE scar therapy method is used within the NHS and leading private healthcare providers. A course of treatment is usually recommended, but a single session and self-care advice for you to follow at home can be helpful.



Book your appointment

## Will my scar vanish?

No, we can't make your scar tissue disappear. Results vary, and early treatment is recommended for best cosmetic improvements. It's never too late and old scars can benefit as well.