



RESTORE scar therapy

Restore scar therapy is a method of non-invasive physical therapy developed to treat scar tissue, fibrosis and adhesions after surgery or injury using specialist scar massage and fascial release, therapy tools and self-care advice to promote healthy recovery.

The RESTORE method has been developed by UK's leading scar therapy teacher and Harley Street scar specialist, Emma Holly.

RESTORE scar therapy has been developed to:

- ✓ Stimulate changes in scars, both on the skin surface, and any adhesions or fibrosis in the underlying tissue
- ✓ Promote functional and cosmetic improvements after surgery or injury
- ✓ Reduce common symptoms, such as pain and sensitivity
- ✓ Assess and treat any associated functional changes
- ✓ Support emotional wellbeing after a surgery or trauma

Book an appointment and feel the benefits for yourself



How can scar therapy help me?

There are many benefits to seeing a therapist trained in RESTORE scar therapy. If you have recently had a surgery or injury, your therapist can treat your scar to help stimulate healing and soften fibrosis as the scar matures, and suggest self-care for you to continue at home.

Scar therapy can even be beneficial for older scars. The body is constantly renewing cells so your old scar can still improve when given the right stimulation.

Treatment from your therapist using RESTORE method should always stay within your comfort levels. We do not need to hurt you to generate improvements to your scar and any underlying adhesions or fibrosis.

We can't make a scar disappear, but RESTORE scar therapy treatment usually generates improvements to symptoms such as pain or sensitivity. Textural changes to the suppleness of the scar and surrounding tissue often occur. How many treatments you may require will be dependent on the scar issues and symptoms you are experiencing.



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