

# Fascia: The Tissue That Shapes Your Body

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Fascia is a thin, stringy sheath of connective tissue surrounding muscles, tissues, bones, nerves, and other structures. It binds everything together, especially the organs and the abdomen, where it is more densely located. It's almost like an inner Spanx. There's no place where you can't find fascia holding everything in tight, a perfect cushioning to aid our health.

It's comprised of collagen, a type of protein that not only provides strength and support throughout the body but also aids in skin elasticity and healthy joints. The fascia in the skin also acts as a protective barrier against infection and injury. This boosts the intensity of the role the fascia plays in cellular processes, including tissue repair, immune response, and maintenance of the skin.

Fascia is everywhere, meaning it's highly noticeable when it starts to break down as we age or don't properly maintain it. When it loses its elasticity, it starts folding together, creating restrictions in movement, making us feel stiff and rigid. These folds also give the skin dents that appear visibly as wrinkles and cellulite.

The good news is there is a way to improve fascia. There are many ways to strengthen it with exercise and stretching techniques; the FabShaper is among these methods. The FabShaper is an automatic rolling massager that uses

infrared light to repair just about every surface of your body. The heat alleviates bruising, unlike traditional fascia blasters and the state-of-the-art technology and continuous motion of the knobbed balusters aid in deeper muscle recovery compared to foam rolling at home. This massage acts like a rolling pin, flattening and contouring the surface-level and hard-to-reach fascia.

This, in addition to Red Light Therapy, also included in the experiences at Avanti Body, works together to release fat from cells and flush toxins out of the body through the lymphatic system: "Avanti Body's Red Light Therapy breaks open these fat cells and, after a few minutes with the FabShaper, transfers that fat to energy. Over the course of several treatments, this makes the skin tighter but, most importantly, continues the process of moving the lipid fat into the bloodstream" ("FabShaper").

Once the fat is in the bloodstream, it works its way through the lymphatic system with the help of the rolling movement. This movement "affects the blood, lymphatic, and connective tissue fluids through the lymphatic circulation and stimulates the body's cleansing work by stimulating



the flow of lymph fluid" ("Lymph Node Functions and Roll Shaper Massage"). The increased blood flow from the fascia blaster flushes out the toxins through the lymph nodes, which are responsible for a healthy immune system, filtering toxins, and killing bacteria.

In essence, these adjunct treatments work with the fascia to restore its vitality. In fact, in a clinical study that tested the effectiveness of the FabShaper, the results found "an increase in flexibility was observed after a series of 20 treatments" ("Clinical Research"). They also found a decrease in overall average body weight and BMI levels thanks to the FabShaper squeezing the extra toxins through the wonderful lymphatic system.

Fascia may not be something many people think to take care of, but becoming aware of its impact on our complete framework helps us to understand why we should. Enhancing the fascia improves energy, pliability, and overall well-being. Massaging, stretching, and exercising it in the right way can mean a lifestyle uninterrupted by pain with the body you know and love.

#### Citations:

"Clinical Research." *Studio Figura*, 3 Jan. 2023, [rollshaper.com/clinical-research/](https://rollshaper.com/clinical-research/).  
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 "Lymph Node Functions and Roll Shaper Massage." *Studio Figura*, 17 Nov. 2022, [www.studiofigura.com.au/lymph-node-functions-and-roll-shaper-massage/](http://www.studiofigura.com.au/lymph-node-functions-and-roll-shaper-massage/).



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