

LYMPHATIC BODYWORK

The lymphatic system plays a vital role in the body by regulating the immune system. It consists of a series of vessels, nodes and organs that collect fluid throughout the body and redistribute it for elimination or re-integration. If the lymphatic system becomes blocked, lymphatic fluid builds up and stagnates causing the entire system to become toxic. Lymphatic Drainage is an advanced therapy to stimulate the lymphatic vessels that carry substances vital to the defence of the body and that remove waste products. It helps to clear blockages, eliminate metabolic wastes and toxins from the body, transport nutrients to cells and increase metabolic efficiency. This reduces excess fluid, assists with weight reduction, calms the nervous system and helps relieve stress and tension.

Lymphatic drainage can be done via two methods: a ***hands-on massage*** (moving and draining the lymph from the extremities into the nodes for elimination) or a ***machine*** (a pantsuit – like ski pants – that produces a range of specialized and gentle rhythmic pumping techniques to move the skin in the direction of the lymph flow).



Lymphatic drainage helps with the following:

- ✓ Toxic build-up and fluid retention (puffy ankles, legs, eyes and bloating).
- ✓ Cellulite and excess weight.
- ✓ Constipation and other digestive disorders.
- ✓ Hormonal imbalances (teenagers, pre and post pregnancy and menopause) and PMT.
- ✓ Glandular fever, Chronic Fatigue, migraines, sinus conditions and hay fever.
- ✓ Acne and other skin conditions and scar tissue (old & new).
- ✓ Stress, anxiety and tension.
- ✓ Recurring infections (colds, flu, ear, chest, etc.).
- ✓ Pre and post operative (cosmetic surgery, cancer, areas where the lymph nodes have been removed and impaired lymphatic system).