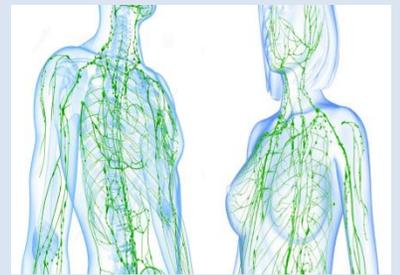


Lymphatic Massage: Promoting recovery and good health with a gentle touch

Lymphatic massage is a technique used to promote health and aid recovery from certain illnesses. Also called lymphatic drainage or manual lymph drainage, lymphatic massage is now widely used in European hospitals and clinics. It is becoming better known in the U.S. due to its benefits for breast cancer survivors. Used to promote wellness, this gentle technique can prevent or reduce fluid retention, enhance the removal of toxins from the body tissues, and support the immune system.

The Lymphatic System

Benefits of lymphatic massage stem from its ability to enhance the function of the lymphatic system. Lymph is a fluid rich in white blood cells that fight viruses, cancer and bacteria. Every 24 hours, about three quarts of lymph circulate around the body via an elaborate system of lymph vessels. Lymph carries the body's waste to lymph nodes where filtering and detoxification occur. The swollen "glands" you feel in your neck when you are coming down with a virus are actually lymph nodes working to free the body of waste products.



Lymphatic Massage for good health

Lymphatic massage uses light, rhythmic touch to improve lymph circulation. If you are healthy, improved lymph flow can promote your vitality and sense of well-being. When the lymphatic system is not performing efficiently due to stress or illness, or when there's an accumulation of fluid from infection, blockages or damage to the lymph vessels, lymphatic massage can aid recovery and enhance lymphatic system function.



How does Lymphatic Massage help?

When lymph flow is enhanced, toxic and infectious materials, as well as excess bodily substances like water and protein are removed more effectively from tissues. This supports the immune system and helps rid the body of wastes that can increase pain or cause fatigue. In scarred or otherwise injured areas, damaged cells and inflammatory wastes can be moved out, helping to speed healing.

A specialized treatment using gentle, rhythmic techniques on the head, neck, and face to speed up lymph flow. Lymphatic drainage is effective in the reduction of sinus problems, allergies, puffy eyes, under eye circles, and certain skin conditions like rosacea and acne. The activation of lymph can also be used pre and post-surgery to reduce swelling and scarring.

Exceptional for the reduction of symptoms due to:

- Chronic Fatigue Syndrome (CFIDS)
- Crohns Disease
- Irritable Bowel Syndrome (IBS)
- Multiple Sclerosis (MS)
- Emphysema
- Lupus
- Fibromyalgia

Promotes deep relaxation to aid with:

- Insomnia, Depression Stress, and loss of vitality
- Promotes Detoxification to aid with:
- Cellulite Reduction
- Major Detox of the system
- Ease of pain from lactic acid after beginning a workout program

Other Benefits of Lymphatic Drainage Massage

- Supports your immune system which can impact your general health in a positive way
- Excellent for preventing common illnesses such as colds and viruses
- It speeds up healing
- Reduces water retention and bloating
- Encourages weight loss because stimulating the lymphatic system helps to raise your metabolic rate, so burns calories

- Helps to relieve lymphedema (when the body swells excessively, normally in the legs, feet, and arms)
- Reduces swelling and puffiness
- Promotes glowing, plump and firm skin
- Breaks down cellulite because it encourages the removal of fatty deposits beneath the skin
- Encourages better circulation
- Speeds up scar tissue healing
- Cleans out blocked pores because it encourages removal of toxins and impurities

The Reduction of Swelling



Lymphatic massage can reduce the pain, inflammation and scarring associated with fluid retention, edema. Whether swelling is due to injury, cancer treatment, surgery or an illness such as fibromyalgia, lymphatic massage can have remarkable results. In conjunction with medical attention, it is also very effective for lymphedema, the chronic accumulation of lymphatic fluid in body tissues. Swelling and other discomforts stemming from sinusitis or allergies may also be reduced.

Skin Care and Cosmetic Surgery

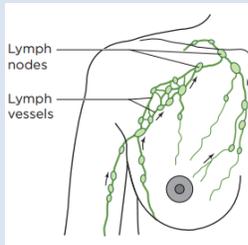
Lymphatic massage is used in facial treatments to reduce congestion and puffiness. It is also effective in decreasing swelling and bruising from cosmetic surgery, liposuction, breast reduction or implants, and laser surgery. In addition, the technique can be used to reduce the appearance of varicose and spider veins, wrinkles, rosacea and acne.



Stress and Pain Relief

The gentle touch of lymphatic massage soothes and calms the nervous system. This can improve sleep and reduce depression, anxiety and other effects of stress. As attention shifts to the pleasant sensations of relaxation, the grip of pain may

also gently recede. This deeply relaxing technique can even help relieve chronic pain from conditions such as fibromyalgia, arthritis and headaches.



Breast Care

Many people hear about lymphatic massage due to its ability to reduce pain and swelling associated with removal of lymph nodes during breast cancer treatment. If received regularly, it may also enhance the function of the healthy breast tissue with improved lymph flow. In addition, it can reduce discomforts of breast and/or nipples during and after pregnancy. Lymphatic drainage is an excellent relief for engorgement for breast feeding mothers.

Conditions requiring extra care

It is very important to inform your massage therapist if you have lymphedema or a damaged lymphatic system because special considerations are required. No massage techniques should be used on anyone with an active skin infection, thrombosis, an open wound or a fever. If you have heart or kidney disease or are seeing a doctor for any other reason, be sure to inform the practitioner.

What is a session like?

Because many of the lymph vessels are just under the skin, moving the lymph requires a very light touch, barely the weight of a teaspoon of water. Practitioners use flat hands and finger pads in painless, rhythmic movements light enough to be described as "feather touch." Lymphatic massage can be incorporated into, and may enhance, your regular massage session. Expect it to feel much lighter and slower than standard massage. Most people experience lymphatic massage as deeply relaxing and some fall asleep.



After The Session

After your session, you may need to use the restroom immediately. It's possible to feel light-headed so you may wish to rest for an hour or two. You may also find that you feel rejuvenated, invigorated or simply lighter in the hours or days

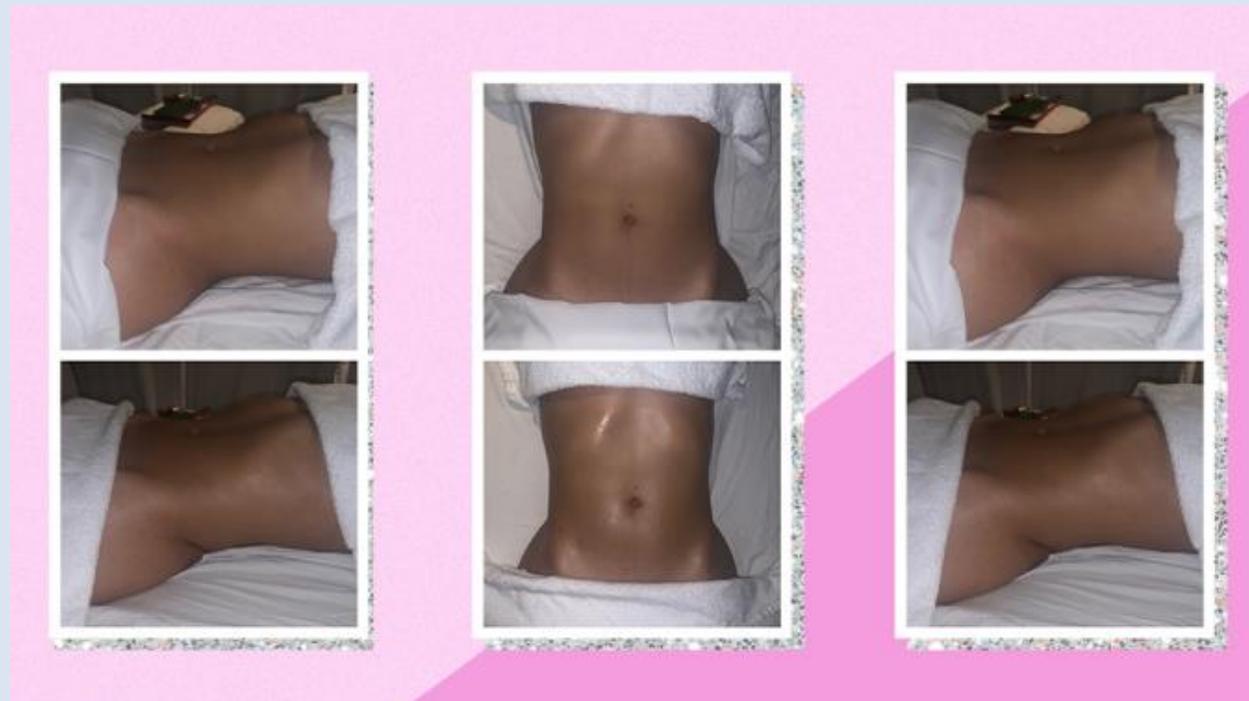
following your session. You may be thirsty during or after your massage, and you are advised to drink extra water.

Non-Surgical Services	\$100.00
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Lymphatic Drainage after Cosmetic Surgery

Your initial treatment for lymphatic drainage following any cosmetic surgical procedure will include an initial consultation, examination and treatment. This session is 90 minutes. Please adjust your calendar, transportation and/or parking arrangements accordingly. At the end of this session, we will discuss how many treatments you may need based on the procedures you received. This is not a complete science as everything is based on how your body heals. Please note if your skin has a tendency to keloid and fibrosis begins, this may prolong your healing process. Our specialized services below can assist with fibrosis.

Initial Consultation Fee	\$125.00
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Available packages after cosmetic surgery:

2 Sessions	\$190.00
3 Sessions	\$285.00
4 Sessions	\$360.00
5 Sessions	\$425.00
6 Sessions	\$480.00
7 Sessions	\$560.00
8 Sessions	\$600.00
9 Sessions	\$675.00
10 Sessions	\$700.00

Also available...



What's included in your session

- Wood therapy, Graston Technique, Cupping/Vacuum Therapy, Infrared Light Therapy, Ultrasound Cavitation **Instead of paying an additional charge for each add on service, the price is included in the package.*

Will I receive all of this in one session? Based on what you need, one or more than one service may be added in your session.



Wood Therapy

This procedure employs anatomically-sculpted wooden implements to improve the body's size and proportions while advancing overall health. This therapy helps redefine body contours,

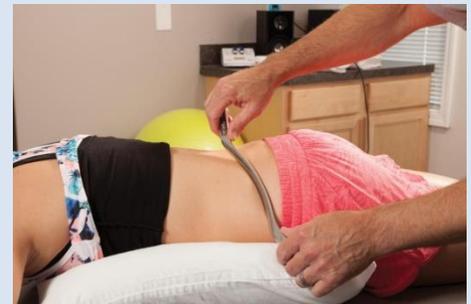
reduce cellulite and facilitate weight loss. These instruments allow highly targeted pressure to be applied, and that pressure intensifies the breakdown of fat and fibrous cellulite so that it can be eliminated naturally with other toxins.

Benefits...

- 100% All-Natural, Non-Invasive and Free of Contraindications
- Loosens Tight, Restricted Muscles
- Stimulates Lymphatic Drainage
- Eliminates Toxins
- Speeds Metabolism
- Breaks Down Cellulite
- Burns Fat
- Tones, Tightens and Reduces Circumference

Graston Technique

The Graston Technique helps to break down scar tissue and fascia restrictions. You could compare this unique form of therapy to a “deeper” and “more intense” form of manual therapy, except we're using specific instruments (instead of our hands) to mobilize muscles and connective tissue. Many of our clients report better mobility, less tightness, improved local circulation and restored functionality.



Cupping Therapy

Cupping increases blood flow that enables your body to dispose of toxins, restores lymphatic circulation, and helps remove edema (excess fluid), which helps reduce the appearance of scarring. Studies have shown the positive effects

of cupping on stretch marks and scars even in areas that are far from the area where the cups are applied. The suction from the cups increases circulation

to the area where the cups are placed. The additional blood flow to that area can help relieve muscle tension and promote cell repair. Increasing circulation with cupping also helps to reduce the appearance of cellulite.

Vacuum Therapy

Vacuum Therapy uses a machine to create the suction and pumping movements that are normally done with manual vacuum pistols, to create a soothing, consistent and effective treatment without strain on the therapist or client. One of the most amazing aspects of this technique is the “separation” that the vacuum produces in tissue layers. This enables water absorption and renewed blood flow to undernourished and dehydrated tissue as well as the elimination of old waste and congestion. The use of suction is invaluable in releasing soft tissue, scars and restricted fascia.



Infrared Light Therapy

Infrared Light Therapy is a treatment that may help skin, muscle tissue, and other parts of your body heal. It exposes you to low levels of red or near-infrared light. With red light therapy, your skin is exposed to a lamp with a red light. The cells of your body called mitochondria soak it up and make more energy. This helps cells repair themselves and become healthier. This spurs healing in the skin and muscle tissue. Red light therapy uses very low levels of heat and does not hurt or burn the skin. This is not the same type of light used in tanning, and it does not expose your skin to damaging UV rays.

Ultrasound Cavitation

Ultrasonic cavitation, or ultrasound cavitation, is a cosmetic procedure that's used to break apart fat deposits in your body. Liposuction removes significant amounts of fat in some cases, and one of the side effects is lumpiness. For



smoothing out the lumpiness after liposuction, ultrasonic cavitation is recommended by many doctors. If you have lumpiness after liposuction, you may want to try ultrasonic cavitation.