



LYMPHATIC DRAINAGE

The human body has an amazing lymph system that when working at its best will eliminate any toxins from itself, allowing the body to perform at peak efficiency. However the human body can easily become overwhelmed with toxins and stress storing them in the body and causing all kinds of issues.

A Lymphatic Drainage treatment is focused on helping the body to flush out any stored toxins and release any stress within your body. This is one of the best things you can do for yourself to keep your body working in optimum health. Lymphatic drainage is especially helpful for anyone that has not been as active as they once were or would like to be.

BENEFITS

- Cleanse and boost the immune system
- Lose weight and feel lighter
- Break down congestion in the body
- Better circulation in your body and have more energy
- Get rid of a cold/ flu faster
- Increase stamina
- Handle stress better
- Detox the organs
- Reduce edema and swelling, especially around legs and ankles
- Decrease cellulite
- Feel like you can handle more of what life has to offer with more strength and a clear head

Want to try a single treatment or are you ready for the full deluxe 6 week and 21 day package and get the full benefit of mental, physical and emotional well being?

Single Session 1 hour / \$255 1.5 hours / \$395 2 hours / \$525

The single session is great as a trial for those new to Lymphatic Drainage, or if you feel like your susceptible to catching a cold or have been away from exercise and a clean diet for a while and want to kick your health back in quickly.

3 Session Series - \$495 (in studio) Includes 3 one hour sessions and enough bath salts for the series

This is for the person whom wants to try a short series to see how it feels or a person who wants to help the lymph drain more seriously than a one time treatment. This series also includes a bath salt regime and oils.



6 Week Series - \$990 (in studio)

Includes 5 one hour lymphatic massages and an one hour full body detox wrap + enough bath salts and essential oils for the series.

The next series is for someone who is intent on really cleansing the lymph system for permanent results. This series is once every 7-10 days for six weeks. In this series you really get full body cleaning front and back. You will work alongside specifically with one practitioner for the complete series. You and your practitioner will work towards your specific goals and monitor progress. This series will coincide with bath salt and oil regime which we will supply you with.

21 Day, Daily Series - \$2,995 (in studio)

Includes 20 massages and finishes with an one hour full body detox wrap + enough bath salts and oils for 21 days.

This 21 day series will let go of toxins in the lymph system to the deepest degree. It also releases stress from even the deepest places in the mind, body and soul. For 21 consecutive days you will come get a session Lymphatic drainage session. This series is for people that have had lymph drainage before and know what it feels like. They can dedicate the everyday time that is necessary and are serious about changing their state of health. This is the most amazing series and the results are incredible. You will feel internally like a different person. You will feel clean and experience stamina in ways you never thought possible. The treatments are specifically designed to the results you want and you work very closely with your practitioner. This series is supported with bath salts and oils to facilitate maximum results.

PREPARING FOR A LYMPHATIC TREATMENT

The amount of preparation you should do depends on which package you are doing.

For All Sessions

- Try to not drink a lot of water before the session so you don't have to get off the table during your session to go to the bathroom. It is best to drink plenty of water after the session.
- Do not eat a heavy meal right before treatment, it's better to leave an hour before the session of not eating.
- When eating the day of your treatment and even the day before try to not to eat protein and starch in the same meal, as well no fruit till 4 hours after your last meal has passed.
- If eating fruit just eat it by itself and at least an hour before your meal.



Bath Salts

To start getting your body into the detox mood, it is best to have at least 2 baths with bath salts and essential oils. When you are doing a series you will be supplied with enough salts to do two bath salts a week between sessions. It would be a good idea for optimum results to arrange to purchase your salts before your first session. Call the massage booking line to order.

Our cellulite buster rock salts have been created with Lemon essential oil to help clean the organs and Grapefruit oil that specifically cleanses the lymph system. In addition they also have Juniper oil that helps with all areas of congestion through the body and black pepper that is known to decrease fat and help break down cellulite.

6 Week & 21 Day Packages

In addition to the above suggestions you will also need to do the following to properly prepare for your treatment. For the 6 week and 21 day treatments, you will be supplied with an essential oil that is called No Cellulite. You will need to add four drops to two tsps. of massage oil and rub on the bottom of your feet three times a week between sessions.

Note: Many of these pre-treatment suggestions apply to what you can do after your lymph to facilitate the best results as well.

1. Drink lots of water up to 48 hours after session and all through out your series.
2. Avoid alcohol for 48 hours after session and if you can limit this in your series. If you do have alcohol, try to have the drinks with as little sugar as possible and avoid beer. Your best choice is a dry red wine.
3. Avoid eating protein and starch in the same meal for cleaner intestines.
4. Do bath salts baths and essential oils on the bottom of your feet throughout the series and as a healthy life style. You should do this at least once a week whether doing a lymph treatment or not.
To use the bath salts, draw your bath and half way through add a heaping tablespoon of our salts.
For the essential oils, add 4 drops to 1 tablespoon of massage oil and rub on the bottom of your feet you can put on socks if you choose to keep oils from going on your sheets. You can do this before bed or in the morning and put on socks and keep them on for the day.
5. Some people will notice drastic results, some are much more subtle. Lymph will show up differently for each body as everyone is at different stages of cleansing and toxicity. Some people immediately feel rejuvenated and some just want to go sleep to allow the body to complete it's own treatment.

You are doing yourself a good favor by paying attention to this amazing system. You can always see the rejuvenation in ones skin and youthful appearance of someone that gets lymph drainage seasonally or regularly.

If weight loss is important to you then we really highlight the use of the salts and essential oils with your treatments.

6. Peel and eat the pulp of a grapefruit as much as you can throughout your series and before/ after your treatment.