

LYMPHATIC MASSAGE

Lymphatic massage or lymph drainage massage is a technique used to help increase lymph flow. Increased lymph flow removes harmful substances from the tissues and increases immune function.

Lymphatic massage can be useful in cases of edema, sports injury or for people experiencing a sluggish immune system or those suffering from a lack of energy.

What is the Lymphatic System?

The lymphatic system plays a crucial role in your body's ability heal from injury and ward off disease. It is essential to the body's drainage system for cleansing and filtering out toxins and bacteria.

The Benefits of Lymphatic Massage

Lymphatic massage can help to unblock the lymph system by manually cleansing the lymph system in a clockwise fashion.

Performing lymphatic massage correctly can stimulate the opening of the initial lymphatic and increase the volume of lymph flow by as much as 20 times.

What is Lymphatic Massage?

The lymphatic system has no central pump and depends on muscle contraction through deep breathing, exercise and manual manipulation to move fluid.

Lymphatic massage utilizes a very light pressure combined with soft pumping movements in the direction of the lymph nodes. Immune system function can be significantly increased, improving metabolism and helping the body to eliminate waste and toxins.

A strong immune system makes you feel balanced, happy and whole.

As with most massage, it is vital to drink lots of water after a lymphatic massage to flush away toxins that have been released.

1 Hour LYMPHATIC MASSAGE \$60.00

REFLEXOLOGY MASSAGE

What is Reflexology Massage?

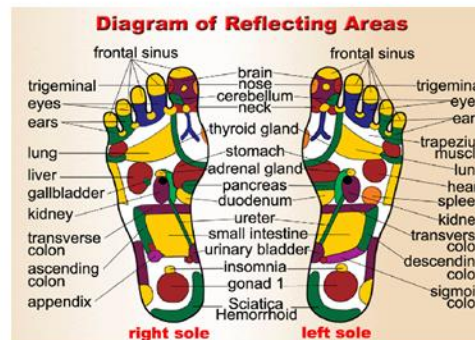
Reflexology is a gentle form of therapeutic treatment applied to the feet and sometimes to the hands. It evolved around 1913 from the work of Dr. William H. Fitzgerald, an ear, nose and throat surgeon in the United States. Reflexology is considered to be a holistic healing technique that aims to treat the individual as a whole, in order to induce a state of balance and harmony in body, mind and spirit.

Reflexology is based on the belief that there are reflex areas on the feet (and hands) corresponding to all the parts of the body including major organs. It is believed that applying pressure to specific areas on the feet, hands and ears can affect internal organs and body systems, and therefore promote good health.

The therapist stimulates and works these organs and systems through the reflexes areas on the hands and feet, applying pressure to the feet with thumb and fingers. Pressure is applied to clear out congestion and restore normal functioning and health.

Benefits of Reflexology

Reflexology has many benefits. It feels good. It is pleasant and soothing, and it relaxes the body. Each person responds to a reflexology in a unique way and on occasions may experience a variety of short term reactions, for example, extreme relaxation, tiredness, lethargy or tearfulness. Reflexology is not a 'cure-all'. However, it does help relieve pain associated with migraine, sinus problems, breathing disorders, digestive problems, circulatory problems, back problems, tension and stress.



30 Min REFLEXOLOGY \$25.00



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