



Beautiful Skin with Deep Lymphatic Massage!

By Raquel Fontes, LMT #5620

When I started doing Lymphatic Massage on my self every day, the first thing I noticed was my skin. It looked fresh, young and was glowing pink. This is also one of the first things you notice after a good Lymph Drainage treatment. Why? Because it helps with the removal of metabolic waste and inflammatory by-products, increases blood flow to soft tissues and boosts cellular metabolism. The reason we see improved skin condition is that by increasing the blood flow, a rise of skin temperature and perspiration results, which facilitates sebaceous secretions.

This method of massage can help:

- skin
- cellulite
- improve metabolism
- relax the body
- assist with elimination of toxins
- enhance the immune system
- detoxify
- improve joint movement

Some of my clients ask me why they have lymphatic congestion when they only eat organic food and drink pure water.

It is impossible to live in the world today and not to be exposed to pollution from the air we breathe, the water we drink, the food we eat (even organic) and the thoughts we have!

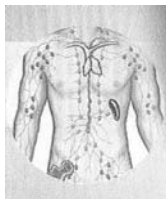
Another question clients ask me is, “why their body cannot do the work of a Lymphatic Massage by itself.” The answer is our bodies can not do all of the work to cleanse itself entirely, because we are ingesting, breathing and drinking thousands of chemicals every day. Our bodies cannot clean as fast as its receiving new toxins, and this leads to lymphatic congestion.

Another thought is that the typical American lifestyle is devoid of exercise. The muscles pump the lymphatic system. If you don't exercise a few times a week, your body is probably going to have a hard time getting rid of toxins! This is the key to the prevention of disease and rejuvenation of the body! It is also very important to drink lots of water for a good elimination! Visit my web site: restorativemassageforhealing.com.



Restorative Massage for Healing

- *Deep Lymphatic Massage*
- *Swedish Massage*
- *Hot Stone Massage*
- *Raindrop Technique*



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