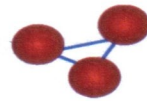


HEALTHY HEALING

Treating the Cause NOT the Symptom

Client Information Leaflet



Lymphatic Drainage ***Computerised Air Pressure Massage***

*The easy and efficient way to improve health and regain
your desired body image*

WHY SHOULD I CONSIDER LYMPHATIC DRAINAGE

The lymphatic system is a vital bodily defence against infection and disease. Lymphatic drainage massage is one of the best things you can do to help your body help itself.

As we grow older more toxins are trapped and build up in our cells. Body fluids become thicker; our constant renewal process slows down and self-cleaning become more difficult.

The lymphatic system plays a fundamental role in clearing immune debris from the tissues of the body. Effective liver restoration and tissue detoxification is dependent on the immune and lymphatic systems. Poor lymphatic function promotes toxin accumulation.

The lymphatic system

The human lymphatic system is, in a sense, the body's second circulatory system. It is made up of lymphatic vessels, lymph nodes, lymph (the interstitial fluid drained through the vessels), and lymphocytes (special immune cells). The tonsils, adenoids, spleen, and thymus are all part of the lymph system.

The lymphatic system has no "pump" of its own to move lymph fluid through the system, as the circulatory system has the heart. Rather, bodily movements move liquid lymph through the vessels and filters of the lymph nodes.

For people who get too little or the wrong type of exercise or eat too much processed food, the lymphatic system easily becomes overtaxed - resulting in a body that is susceptible to infection fatigue and disease.

Lymphatic Drainage Computerised Air Pressure Massage

delivers a light rhythmic pumping movement via a specially designed body suit that effectively reduces water retention and creates instant centimetre loss as well as improving vascular and lymphatic circulation resulting in detoxification of bad bacteria and virus and oxygenation of the tissues. Skin tone is also improved.

Improvements in low fatigue levels are often instantaneous

This treatment is particularly recommended for cellulite and heavy or tired legs, swollen ankles and other similar conditions.

The cumulative effect of 8-10 treatments results in improved metabolism as the waste products are eliminated from the deep tissues and fast-flushed from the system via the kidneys.

New research reveals that 80% of overweight women have sluggish lymphatic systems-and that getting them running smoothly again is the key to easy weight loss and feeling great

Lymphatic drainage sessions - €20 for 30 minutes

Course of 10 sessions when paid in advance ONLY €140

Extra sessions following course - €15

Healthy Healing

10 Vournas Tou Peko

St Georges

Paphos

All appointments must be booked in advance

Opening Times

Monday – Friday 9am – 6pm

Saturdays 10am – 1pm

TEL: 26343512 – 99152879 - 97788931

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