

Why

Why Choose an Associated Skin Care Professionals Practitioner?

Your skin care treatments should be provided by a properly trained professional. Don't hesitate to ask your skin care therapist about his or her background, training, and experience—especially as it relates to the treatment you are considering.

As a member of ASCP, your skin care professional's state licensing credentials and/or core training have been verified. ASCP members follow a code of ethics, ensuring you're treated responsibly, confidentially, and with



utmost respect. As a member, your skin care professional has comprehensive information on changing trends and treatments at his or her fingertips, so you'll be receiving the most up to date care.

Compliments of:



Naturopathic Spa
38-05 Broadway, Suite 200
Astoria, NY 11103
P: 718.280.5557
www.nycnaturopathicspa.com

Manual Lymph Drainage



MEMBER



Associated
Skin Care
Professionals

What

What is Manual Lymph Drainage?

The lymphatic system supports the body's immunity and involves several organs (thymus, tonsils, spleen, adenoids), hundreds of lymph nodes, and a network of vessels spread through your entire body.

A clear fluid called "lymph" flows through these vessels and filters metabolic waste through the lymph nodes. These wastes include bacteria, dead cells, fats, fluids, proteins, and viruses. Manual lymphatic drainage was



invented in Europe and is widespread there.

When a trained massage therapist gently stimulates lymph nodes, it helps correct swelling and stagnation in the nodes, boosts the immune system, reduces local fluid retention, and provides relaxation. Giving this treatment requires advanced training and is practiced with a very specific set of light, massage-like strokes.

Some licensed estheticians work with the entire body as massage therapists do; others work only in the facial area. The facial treatment leaves skin more clear and reduces puffiness. Some clients report lessened sinus congestion and reduced sinus swelling.

How

How Should I Prepare for Treatment?

Be ready to fill out a medical questionnaire and describe what medications and skin care products you are using. It's quite possible manual lymph drainage will be administered in combination with other facial treatments you are receiving. Your therapist may do an analysis of your skin, look for any interactions between products and medications, and devise a treatment plan that's suitable for your unique needs.

What

What Should I Expect From My Treatment?

The strokes in manual lymph drainage are light and there should be no discomfort. You may feel

you are hardly being treated at all, but lymphatic drainage goes a long way in terms of the benefits you may gain.

What

What Happens Afterward?

After your lymph drainage treatment, it's important to drink plenty of water. It's possible you could feel some mild, flu-like symptoms, depending on how much strain your body has been under prior to treatment because of environmental pollutants, medication, and diet, especially where alcohol and sugar are concerned. Most people leave a session simply feeling relaxed, but if you don't feel at the top of your game, drink plenty of water, watch your salt intake, and be physically active.

