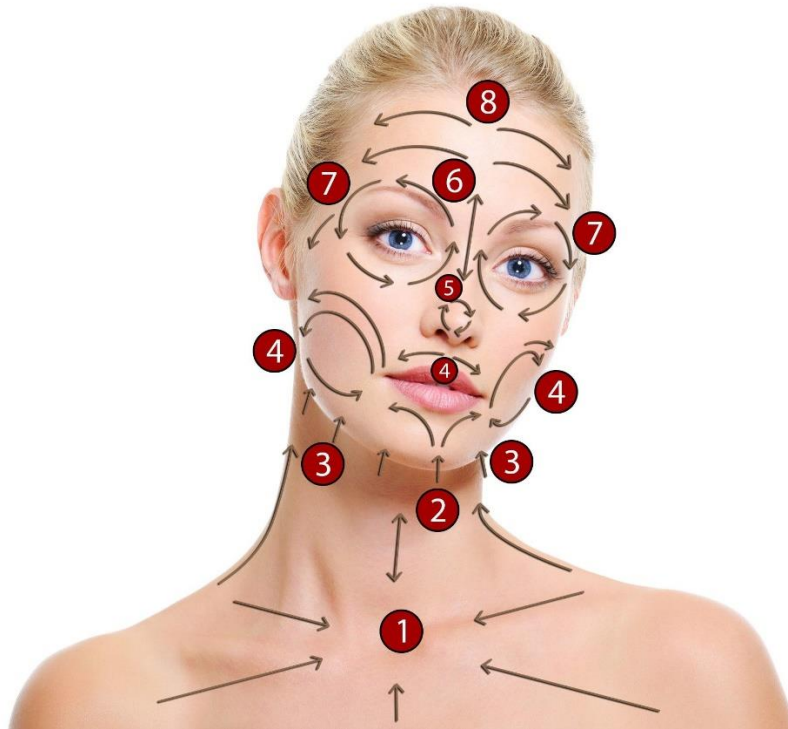


ABG Wellness

Lymphatic Facial Massage Therapy



Lymphatic facial therapy is a fantastic treatment which has multiple benefits to support the lymphatic system, immune system, respiratory system and circulatory system. Lymphatic facial therapy has the ability to prevent sluggish circulation and remove unwanted toxins to reduce puffiness and keep our complexion healthy.

Here are the 6 key benefits of a lymphatic facial .

1.) Deep cleanse

Lymphatic facial therapy provides a deep cleanse of the skin. When carried out in conjunction with the use of Elementals Professional 100% Vegan Skin Care Products.

2.) Accelerated healing

Lymphatic facial therapy helps to stimulate the flow of lymphatic fluid throughout the body, which has been designed to effectively move any unwanted toxins towards lymph nodes where they are removed. This type of facial therapy is particularly useful for individuals who have slightly inflamed skin. The gentle movements used throughout the massage help to prevent blockages and bring oxygen and nutrients to the cells. When carried out with anti-inflammatory Elementals MZC Oxygenate Serum, visible benefits can be seen immediately.

3.) Reduced puffiness

As a gentle facial massage, lymphatic drainage can help retain a clear complexion and reduce puffiness due to its ability to disperse congestion, which may have been caused by irritants in cosmetics, illness, allergies or overindulgence in inflammatory foods. Accumulated toxins come from the front and back of the ears, below the jaw, in the neck region and above the clavicular bone in the decollate area. Through a series of gentle and rhythmical pumping movements carried out. Toxins will be moved to the lymph nodes and removed by the body. Lymphatic massage will always work towards the direction of the nearest lymph node and in alignment with the circulatory system.

4.) Congestion free skin

If our bodies become overly stressed or are subjected to environmental pollutants on a regular basis, the lymphatic system can become over saturated leading to an unwanted buildup of toxins in the tissues, skin and joints. Regular lymphatic facial therapy and manual lymphatic massages can help to keep the lymph system flowing freely and aid with the removal of dead cells from the surface of the skin. This increases circulation provides optimum hydration.

5.) Reduction of scar tissue

Manual lymphatic massage is believed to help in the reduction of new scar tissue. By actively encouraging increased circulation to the area and clearing any system blockages, fresh blood and oxygen flood the area and support cell regeneration. Many plastic surgery practices have licensed estheticians who specialize in lymphatic massage working with their patients to help support post-treatment healing.

6.) Promotes the feeling of relaxation and wellbeing

As a non-invasive treatment which is both gentle and therapeutic, lymphatic facial therapy is extremely relaxing. It promotes feelings of wellbeing while reducing anxiety and stress. Regular treatments help to support your lymphatic system, immune system, respiratory system and circulatory system.

As with any beauty treatment, there are certain circumstances when it would not be advisable to have a lymphatic facial therapy or a manual lymphatic massage, which is why we always recommend that you seek the advice of a professional before booking a treatment.

ABG Wellness

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