

Detox with Manual Lymphatic Massage

Learning to encourage the flow of our body's lymph system can help reduce fatigue and water retention.

Did you know that the lymphatic system in our body is the drainage system that cleanses and filters toxins away from the blood? When the pathways get blocked, congested, damaged or severed, the fluids build up and our body is unable to remove the waste effectively. The toxins accumulate, making us feel tired and more likely to fall sick. One type of cancer that we hear occasionally of which involves the lymph system is Lymphoma.

The manual lymphatic drainage massage or often referred to as MLD is a technique invented by Dr Emil and Mrs. Estrid Vodder in the early 1930s. It is a form of massage that stimulates the lymphatic system with gentle rhythmic strokes.

"Most Asians are used to the 'hard' massages like the deep tissue massage, or the relaxing massage. The MLD uses a light sweeping and pumping method that encourages the lymph flow," says Ms Amelia Lau, Studio Manager and Trainer at Revive Wellness Boutique. "It is more of a therapeutic treatment which helps to get rid of water retention effectively." The lymph fluid only flows in one direction and MLD helps to stimulate the lymph vessels, helping the flow forward and drains the connective tissues.

Amelia debunks the myth that when you have water retention, you should drink less water. It is the contrary. "If you don't take in enough water, your body is filtering and using the same fluids, the same waste, over and over again in your body."

MLD is also recommended by the medical fraternity as a post-natal massage, and for post-surgery recovery. It helps reduce post-operative swelling from procedures such as liposuction.

QUALIFIED THERAPISTS

Revive Wellness Boutique sees an increasing clientele of young working executives in their 30s and 40s. Winner of the Cozycot Holy Grail Award which honours the crème de la crème for beauty, fashion and lifestyle, Revive Wellness therapists are

trained professionally and the Boutique is looking at becoming an Approved Training Provider of the Workforce Development Agency for the Spa and Wellness sector.

Unlike a massage that is sought after only when you have a body ache, the MLD is recommended as a series of preventive treatments.

"For a start, we recommend 5 consecutive sessions over a 5 week period. And depending on the body condition, it can be a maintenance of once every 2 weeks, or once a month. It would depend on the health of the lymph system," says Amelia, whose training and experience enables her to detect blockages in the lymph system with her fingers during the massage. As with many natural therapies, it is not uncommon for one to fall ill after the massage as the body adjusts to the cleansing and embarks on a rejuvenation process.

BENEFITS

Companies can now take advantage of the complimentary membership registration as a corporate client, and entitle all their company employees to a 30 - 50% discount on all services at Revive Wellness.

"Massages are not just about relaxing tension in the muscles. With MLD, it can help boost energy levels, especially for those who sit for hours in the office and feel lethargic," and "For those who don't exercise and perspire, the toxins in the body will accumulate around the lymph nodes, if it is not able to be flushed out by our urinary system. Some of the symptoms are face 'outbreaks' that are due to toxins in our system."

A full MLD massage at Revive Wellness Boutique takes about 60 minutes. When accompanied by a MLD face spa, the session extends by another 1.5 hours. The Boutique also offers couple rooms where partners can share the experience and encourage each other on the path to a healthy lifestyle. 