

Detoxification with Lymphatic Massage



By Raquel Fontes, LMT #5620

One of the functions of the Lymphatic System is to eliminate foreign antigens and toxic chemicals. Because of major and repeated exposure to toxic chemicals, the lymphatic system can become stressed, weakened and overloaded. Since the lymphatic system doesn't have a pump like the heart, it benefits greatly from a little stimulating assistance.

Our forefathers had to cut wood, carry water, plant and hunt for food – their lives were nothing like the sedentary lifestyles of today. Now our lives are essentially devoid of exercise, which, when combined with a greater number of chemical toxins and stressors, leads to more lymphatic congestion and an overwhelmed immune system. Deep lymphatic therapy works directly on the lymphatic system with slow, smooth, gentle and deep hands-on movements.

In a lymphatic massage, first I help the body to relax. When the body is relaxed, it is easy to work on the lymphatic system and stimulate the flow of toxins into the elimination system.

This method of lymphatic massage helps the body to:

- Detoxify
- Relax connective tissue
- Improve metabolism
- Assist elimination
- Enhance the immune system
- Rejuvenate
- Improve joint movement

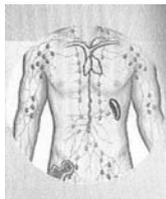
The Electro Acuscope and the Far Infra Red Lamp are incorporated into my treatments. The Electro Acuscope works to recharge the cells of your body. The added energy enables the cells to rid themselves of toxins, and balance the energy pathways such as the central and peripheral nervous systems.

The Far Infra Red Lamp helps in regulating metabolism, diminishing inflammation and easing pain. It can help with headaches, backaches, muscular soreness, soft tissue injuries, arthritis, stomach-aches and skin conditions. Call Raquel Fontes today at **345-2264** to schedule a Deep Lymphatic Massage, Hot Stone, Rain Drop Technique, Swedish Massage or Ear Candling appointment, or for more information, visit: www.restorativemassageforhealing.com.



Restorative Massage for Healing

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



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