

## Zen Zone Lypossage Massage

### Why do I have cellulite, lumps and bulges?



The fatty tissue of your body acts as a "toxic waste disposal site" where substances that it cannot metabolize are dumped. This congested tissue can have poor circulation (you'll note that cellulite prone areas are cool to the touch). Lymphatic flow may also be restricted by tight undergarments and pantyhose. The cellulite layer is a physiological fatty layer that is supposed to be there. The extent to which it is visible is affected by several variables including, genetic predisposition, dietary habits, exercise habits, and hormones among others.

Lypossage cleanses the body of stagnant stalled lymphatic fluid (lymphoedema) that can create lumps & bulges we know as figure imbalance. The deeper Lypossage strokes break up adhesions under the skin that can contribute to the dimpled, uneven appearance of cellulite. Lypossage also tones the muscles, lifting & firming sagging tissue.

Each Zone is an 18 session treatment; performed exclusively with no overlap of zones.