

# Lypossage Services

## Why Do I Have Cellulite, Lumps, and Bulges?

The fatty tissue of your body acts as its "toxic waste disposal site," where substances that it cannot metabolize are dumped. This congested tissue has poor blood circulation (you'll notice that cellulite-prone areas are cool to the touch.) Lymphatic flow may also be restricted by tight undergarments and pantyhose.

## What Is The Origin Of The Lypossage Technique?

The Lypossage treatment is a specific blend of massage modalities that derive from physical therapy, including Lymphatic Drainage and Myofascial Release. It was created by Charles W. Wiltsie III, a nationally-recognized massage therapy educator and practitioner. Mr. Wiltsie conducted a year-long study of 100 female subjects that documented the effectiveness of the technique, which was published in *Massage and Bodywork* magazine in 1999. In the study, notable results included an average loss of almost 1.5 inches per thigh.

## How Does It Work?

Lypossage cleanses the body of stagnant, stalled lymphatic fluid (lymphedema) that can create the lumps and 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 and firming sagging tissue.

## What Parts Of The Body Respond To Lypossage?

Lypossage is performed in three body zones. Zone 1 is the lower body, including the buttocks, hips, thighs and lower abdomen. Zone 2 is the upper body, including the arms, upper abdomen and back. Zone 3 includes the face, neck and head. Lypossage has some of its most dramatic effects on areas prone to sagging, such as the lower face and neck, as well as the buttocks and upper thighs.

## I've Heard About Machines That Do This, Too. Why Should I Choose Lypossage?

While both approaches deliver gratifying results, Lypossage appeals to the person who prefers to have a treatment performed by human touch, rather than an unfeeling machine. It must also be performed by a trained and certified Massage Therapist, while there are no such credentials required for the operators of body-contouring machines.

## Is It Safe?

Lypossage is a non-invasive, natural health treatment that helps to cleanse the body of toxins and retained fluids. Most clients find that Lypossage enhances their energy and mental clarity. While there are some contraindications for specific medical conditions, Lypossage can be safely experienced by most healthy individuals. It is much safer than invasive surgical procedures such as liposuction. However, for those who opt for such surgery, Lypossage can be very beneficial both before and after the liposuction procedure.

## Who Can Perform My Lypossage Treatments?

Lypossage practitioners are specially-trained Massage Therapists who have been trained in this extraordinary hands-on technique, and are licensed to practice under the Lypossage name.

## How are My Treatments Scheduled?

Treatments last about 30 minutes and are performed in a series of 18 sessions over the course of six weeks. It's important to note that for most clients, it takes about 8-10 sessions before the results of the initial treatments become noticeable. After that, progress can often be quite dramatic. Combining Lypossage with body wraps further enhances your results.

## What Are Some Typical Results, And How Will I Know What Mine Are?

While results vary, cumulative dimension loss over five key measurement points averaged 6.75 inches in the original study. It is not uncommon to find cumulative inch loss of up to 11". One Client in the study lost almost 3" in her waist measurement alone. Most

women find that they will drop one to two dress sizes even without a reduction in their weight. Your Lypossage practitioner will weigh, photograph and measure you before you begin your program and at key intervals, to enable you to track your progress.

### **Is There A Special Diet or Exercise Program?**

Though the individuals in the Lypossage study were restricted from initiating any new diet or exercise program during the course of their treatments, we find that most clients become so inspired by their Lypossage results that they readily adopt lifestyle changes that help them progress even more rapidly. A diet rich in whole, organic foods and regular body movement will contribute to a terrific outcome. Avoiding foods containing refined sugar, preservatives, hormones, caffeine and salt will help keep your newly detoxified body in the best shape possible. Drinking copious amounts of water is also key to keeping the body cleansed.

### **What Should I Do On My Own To Enhance The Results Of My Treatments?**

We recommend that you follow an at-home body care regimen, including a special treatment product to stimulate circulation in cellulite-prone areas and a glycolic body lotion to improve skin texture and elasticity. The Lypossage Home Care Collection provides state of the art spa formulas that will help bring your skin and body into beautiful condition.

### **What Do I Need To Do To Maintain My Results?**

A program of monthly or bi-monthly maintenance treatments will help you retain your results. Many Lypossage clients repeat their program annually.

### **How Do I Get Started?**

Schedule an appointment for a [free interview](#) today! You can find out more about your suitability for the program and have all your questions answered.