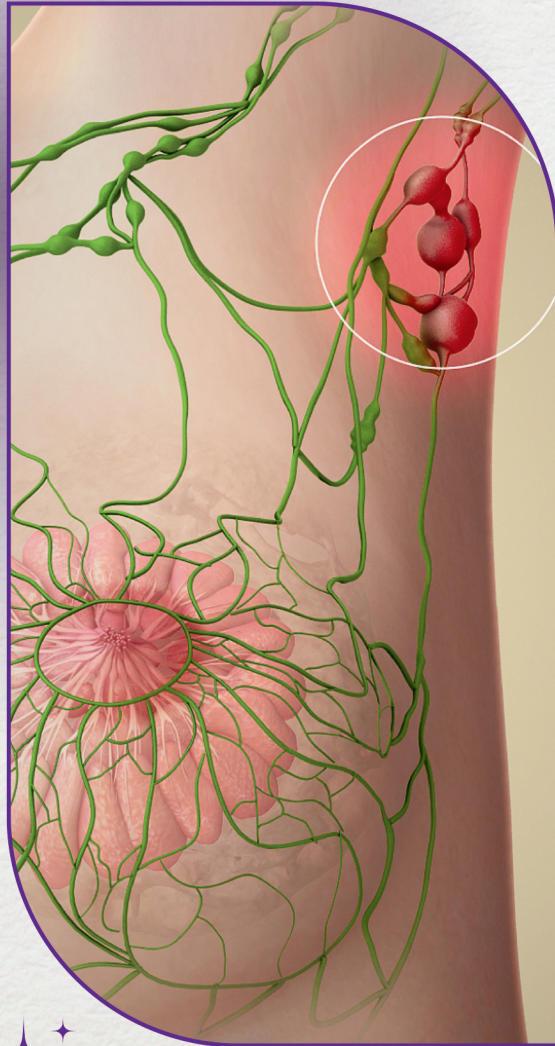


LYMPHATIC

HEALTH AWARENESS FOR
PRE & POST SURGICAL TREATMENT



SERVICES

Lymphatic Consultation & Treatment

60 min./\$150

Follow up

30 min./\$75


Many other services are available to support your health and well-being.


The lymphatic drainage massage or lymphatic drainage involves using gentle movements or techniques to stimulate lymph flow throughout the body. The massages help the body get rid of excess fluids and restore immune system body function. The massages are designed to target areas with swelling and help with other systemic conditions requiring fluid movement and eliminating toxins and waste.

Lymphatic drainage massage help the body maintain body fluid balance, immune functions, and proper blood circulation. They help accelerate healing, the absorption and transportation of lymph fluids while treating lymphedema pre and post-surgery. Pre-surgery massages help eliminate toxins from the body, while post-surgery massages help the body recover faster. If you are getting plastic surgery, post-surgery helps break up fat cells and deliver excellent body contouring results.

Liz Trejo

Sunset Cliffs Spa & Therapies

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LYMPHATIC

BENEFITS OF MANUAL LYMPHATIC DRAINAGE MASSAGE.

Lymphatic work will help increase your comfort and promote healing, while your on this journey. don't for get to consider taking care of the whole you. Typically most successful with 1- 2 x's of weekly visits and readjusted as needed.



Lymphatic drainage massage benefits for pre/post-surgery include:

- Reduce pain, swelling, and inflammation
- Accelerate the disappearance of bruising
- It helps get rid of any anesthesia or medication left in the body.
- Physical and mental relaxation
- Improve healing and prevent subcutaneous fibrosis
- Accelerated lymphatic flow
- Reduced water retention
- Healthy immune system
- Help prevent infection after surgery
- Improve body shape and contour
- Transport and removal of stagnant fluids
- Assist healthy scar formation
- Decrease patient's recovery time

Research has proven that during chemotherapy and radiation lymphatic massage can reduce symptoms of treatment and helps with emotional well-being.

Ultimate Facial

75 min./\$120 cleansing, exfoliation, massage, masks, warm towels, hand massage & finish with serums and creams tailored to your skins needs.

Signature Facials

- Algo mask 60/MIN \$125
- Cooling & Soothing
- Hydrolifting 90/min \$150
- Hydrating & lifting
- Sea C SPA 90 /MIN \$150
- Vitamin C, Lighten tighten, brighten & hydrating algae Mask
- COLLAGEN 90 90/MIN \$150
- Stimulates collagen production & hydrating
- BOTINOL 90/MIN \$165.00
- Anti-aging, retinol, peptides, hydrating this is the before event facial. Amazing!

Liz Trejo C.L.T. L.M.T. Esthetician

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