

Treat Yourself to a Relaxing Exfoliating Lymphatic Massage – In Your Bathtub!

by Susan Atkinson, author of *Bathtub Yoga*

When was the last time you were in a deep state of mental and physical relaxation? As aestheticians and skin care professionals, we can fall into the trap of being too busy and neglect our own self-care.

Most people enjoy the relaxing environment of a hot bath. As our body temperature rises, our blood vessels dilate and set into motion a healthy chain of events. Benefits can include improved blood circulation, improved lymph fluid circulation, detoxification, muscle tension release, increased metabolism, and a calmer nervous system. This chain of events set the stage for a wonderful addition to your bath ritual – a relaxing, exfoliating lymphatic massage.

Our lymphatic system plays an essential role in maintaining our health through disease, accidents, illness, infections, parasites, seasonal changes, and pollution. It protects us from harmful bacteria, viruses, abnormal cells, and

toxins. Lymphatic massage should be performed in unison with our natural venous flow, which is generally toward the heart. Many of our lymph vessels are close to the surface of the skin, so deep massage is not necessary. Exfoliating gloves, a hot bath, and five minutes will do the trick. Use long, pulling strokes on extremities and circular movements on joints. Not only will you enhance your body's own immune system, your skin will thank you. It feels great and, if done in the evening, you will sleep like a baby afterwards.

Tips for Performing Lymphatic Massage

When performing lymphatic massage, be sure to use exfoliating gloves and massage to your own personal comfort. It is important to relax and breathe deeply throughout the massage in order to achieve the best results. Begin by massaging your feet and lower legs by using long, pulling strokes toward the knee. Once you reach the knees, use circular movements until you reach the upper legs and begin to use long, pulling strokes toward the hip area. To mas-

Other Easy Immune-Building Tips

- **Probiotics** – Include daily good bacteria foods such as yogurt, or use supplements.
- **Reduce Stress** – Breathing exercises, guided imagery, meditation, or time in nature.
- **Eat Healthy** – Fruits, vegetables, nuts, fish and healthy oils.
- **Sleep** – get seven to eight hours of sleep each night to rebuild, repair and heal the body.
- **Stay Hydrated** – Drink plenty of water and house plants help to keep interior humidity levels up.
- **Move/Exercise** – Movement encourages lymph flow.
- **Feed the Soul** – Act on what you are passionate about through laughter, loving, giving and serving others.

sage the hips, carefully balance your body and apply circular movements on and around the buttocks area.

Once you have performed massage on the lower body, focus on areas of the upper body by beginning with the arms. Use long, pulling strokes toward the shoulder and circular movements at the elbow. When massaging the shoulders, cross your arms and use circular movements. To work the lower area of your back, sit forward and make fists while you massage your lower back, working your way up the back as high as you are able to reach. The abdomen should be massaged in a clockwise, circular motion. You may also target the side of your waist by using upward strokes toward the underarm.

After you have massaged the lower back and abdomen to your satisfaction, work your way to the chest by pressing inward to flatten the breasts against the ribs and release, repeating this technique three times. You may also stroke the collarbone area starting from the center and work toward the underarm area.

High tension areas, including the upper back and neck, will simply need to be massaged and squeezed until it feels relaxed. Once you have applied pressure to that area, focus on the face by working from the center and moving outward, focusing on the forehead, cheeks and jawline. Finish your massage by placing both of your hands on the center of your chest, breathing deeply, and silently name five things in your life that you are grateful for.

January 8th
is National
Bubble Bath
Day!

Spa *Highlights*

Moonstone Spa at Broken Sound Country Club in Boca Raton, Florida



Inspired by the mystical healing power of this nearly transparent stone, representing inner growth and strength and which has been used by healers for generations, the 13,000-square-foot Moonstone Spa features six treatment rooms (plus a Moonstone Suite), locker rooms with showers, steam rooms and whirlpools. Relaxation rooms offer guests a relaxing environment with hot tea, fruit infused water and other nutritious indulgences prior to or following a service.

Treatments reflect the soothing and mysterious energy of the moon, bringing calm, peace and balance, while soothing anxiety and stress. Moonstone signature treatments create an unparalleled journey, as the stones are used to infuse serums, detoxify the skin, cleanse negativity, and provide energy and support in balancing the physical and emotional bodies.

Moonstone Signature Facial

A melody of nature's best, including a botanical and aromatic cleansing, a gentle exfoliation, followed by a customized targeted serum, a relaxing Lomi Lomi massage and personalized treatment mask. This treatment plumps, rejuvenates and illuminates the complexion, bringing instant radiance to the skin. Moonstones are used to cool and calm the skin after extractions or to infuse serums, depending on skin types. The moonstones are given as a gift to remind the client of the experience. 60 minutes; \$80.



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