

► **MANCHESTER**  
MON—FRI: 9AM-9PM  
SAT: 9AM-6PM

April

2015

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info@anatomymanchester.co.uk

► **CHESTER**  
MON—FRI 7AM-9PM

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April 2015

## Special Offers

This month if you refer a friend you will  
BOTH receive 10% off your next  
treatment.

**\*Appointments from both clients must be  
booked before the end of April and the referred  
friend must be a new client.**

**Expires 30/04/2015**



## Open Clinics

Due to the fabulous success of our Open clinics we are pleased to say that this will now be a permanent fixture at Anatomy Chorlton.

We are also glad to say we will now offer this on a **Saturday!**

Every Saturday between 11am and 12pm will officially be an open, drop in advice clinic.

We hope you all make the most of this and tell your friends about it

# Lymphatic Drainage Massage/ Manual Lymphatic Drainage

As a company we have been practising Lymphatic Drainage massage for 7-8 years now but have noticed a sudden surge in its popularity due to the amount of referrals from other medical professionals.

Alongside its health benefits, this type of massage is a pleasant treatment. It is a very gentle massage working from head to toe so, for the client, it is very relaxing and most people are very pleased when we tell them that you have to have this treatment frequently and regularly to get maximum benefit from it! Manual Lymphatic Drainage is the same treatment but different institutions recognise it under a slightly different name.

## Now for the science bit...

This type of massage focuses on assisting the lymphatic system to eliminate toxins and other waste products from the body, by using light movements to encourage lymphatic flow. It does not penetrate to the depth of muscle tissue

The elimination of toxins improves the overall functioning and condition of the body, boosts the immune system, and helps to remove excess fluid, reducing areas of puffiness and swelling caused by water retention.

It is a one hour treatment that follows a set routine, following the lymph system as it travels around the body. It clears the lymph from the neck region first before clearing the full body and then ends by clearing the neck again. This treatments is most effective if it is repeated in quick succession to help with the removal of oedema and toxins from various parts of the body.

This treatment is particularly used by clients who have been diagnosed with Lymphedema—where the lymphatic system has been compromised and localised tissue swelling and fluid retention occurs and is also recommended for post cosmetic surgery clients to reduce pain, post-surgical oedema, skin regeneration, fluid circulation stimulation and body tissue detoxification.

As you would expect the Anatomy team are trained and well-practised in this treatment and we can offer this treatment every day. The price for the hour is £36 (we wont charge more than a normal massage costs for this !) or you can book a course of 10 for £300. Do note that this treatment is only effective when done as part of a course. We recommend 10 treatments and our experience shows that most clients see the benefits at around session 5 or 6.

### **Anatomy Manchester**

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## Your Anatomy Team



**Jennie Lloyd**  
Clinic Director

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**Zoe**  
Sports Rehabilitator



**Sean Devlin**  
Clinic Director



**Matt Robinson**  
Sports Rehabilitator



**Charlotte Harrison**  
Sports Therapist



**Tina Malcolm**  
Holistic therapist