



## Detox - a different way to detox

January is a popular month to start a detox, after the excesses of Christmas and New Year celebrations, however, there are lots of other times of year when we look to 'clean up our act' – in preparation for a big event such as wedding, as part of a beach body regime for Spring or Summer holidays or fitting into that LBD for a birthday or Christmas party.

Many people embark on a detox by changing their dietary and drinking habits, introducing regular exercise and renewing a beauty regime. Adding Manual Lymphatic Drainage (MLD) to the detox mix or trying it out as a stand-alone therapy will deliver powerful and noticeable results.

### What is Manual Lymphatic Drainage?

MLD is a specialised massage technique developed in the 1930's by the Danish practitioner Dr Emil Vodder and widely recognised and practised in American and European clinics to treat a variety of different conditions.



### How does Manual Lymphatic Drainage help the body detox?

Described as "One of the best kept secrets on the health and beauty scene", MLD's intensely relaxing effect masks the strength of the treatment itself. It is a very gentle, light touch massage that improves

the ability of the body's lymphatic system to cleanse from the inside out.

Specific and gentle movements of the skin stimulate and increase the rate of removal of waste products, toxins and excess fluid from the body's tissues resulting in:

- clearer and cleaner skin
- reduced fluid retention
- reduced puffiness around the eyes
- improved skin tone
- reduced cellulite

MLD also has a tonic effect on intestinal peristalsis, which in turn will aid digestion.

### The MLD Treatment – what to expect

The first visit to a trained MLD<sup>UK</sup> practitioner will include a consultation during which the therapist will recommend the number and frequency of future sessions. Each session will last approximately one hour. Where appropriate

the therapist will work in conjunction with your medical practitioner.

At an MLD session you will be asked to remove some of your clothing and lie down on the treatment bed where you will be covered in towels to keep you warm. You are now in the qualified hands of your MLD therapist, so lie back and enjoy one of the most relaxing treatments you have ever experienced.

As no oils or powders are used it is completely safe even for those with sensitive skin.

### Are there any side effects to the treatment?

There are usually no bad side effects and it is perfectly safe to eat before and after a MLD treatment. It helps to drink some water after your treatment and you may need to go to the toilet more often, as the re-energised lymphatic system starts to detox the body and recycle excess fluid and waste. After an MLD treatment, you should feel more relaxed and clear headed!

### Finding a Therapist

MLD is a specialised form of massage, so it is important that a properly trained therapist delivers the treatment. To find an accredited MLD practitioner near you, visit the MLD<sup>UK</sup> website at [www.mlduk.org.uk](http://www.mlduk.org.uk). MLD<sup>UK</sup> members are qualified, insured, and up-to-date in their education and practice.

### About MLD<sup>UK</sup>

MLD<sup>UK</sup> is a professional association of manual lymphatic drainage practitioners. It ensures a high standard of training amongst its members, promotes the education of health professionals with regard to MLD and raises public awareness of MLD and its therapeutic applications.

For more information and to find your nearest MLD<sup>UK</sup> therapist:

call  
0844 800 1988

visit  
[www.mlduk.org.uk](http://www.mlduk.org.uk)