

therapy spotlight



Lypossage for Healthy Aging and Detoxification

by Kristina Mozzicato

Cellulite is a common term for subcutaneous deposits of fat, which push through the skin and cause dimpling, especially in the buttocks and thighs. Fat stimulates the ovaries to produce estrogen. The more fat there is, the more stimulation occurs, and thus more estrogen is produced. Estrogen breaks down collagen, which forms cellulite.

Without collagen fibers, fat cells relocate to the skin's surface and enlarge. These full-sized fat cells stimulate the formation of new fat cells. Unless a woman's estrogen cycle is corrected, cellulite will return. Cellulite production is not necessarily related to a woman's weight, but may indicate a hormonal imbalance—this is why many thin women can develop cellulite.

Women's connective tissue is formed in a vertical pattern. Since the connective tissue in men is formed in a crisscross pattern, fat is prevented from entering the top layer of skin. This is why men do not develop cellulite.

Lypossage is a detoxifying, body-contouring modality that supports healthier aging. It is a non-invasive manual alternative to other body contouring treatments that can also be used as a therapeutic treatment. It can be integrated into other massage modalities consistent with manual lymphatic drainage and deep tissue massage therapy.

The treatment is designed to help with detoxification and dimension loss and is based on research done by Charles W. Wiltsie III, BS, LMT, an internationally recognized massage therapy educator and therapist. His research is based on knowledge learned through lymphatic drainage, myofascial massage and complex physical therapy for lymphedema. Wiltsie conducted a yearlong study of 100 female subjects that documented the effectiveness of the technique, which was published in *Massage and Bodywork* magazine in 1999. Follow-up research was done in Belgium with positive results published in *Healthy Aging* magazine and then again by Melissa Montalvo in *Dermascope* magazine.

In the original study, the average person lost almost 6.75 inches between the navel and the mid-thigh—with a loss per thigh of almost 1.5 inches over six weeks' time. Subjects' HDL cholesterol levels increased as a result of the treatment, while LDL levels decreased.

Many clients report that Lypossage improves their energy and mental clarity. While there are some contraindications for specific medical conditions, Lypossage can be safely experienced by most healthy individuals. Those who have varicose veins, are pregnant or trying to get pregnant, who've had very recent surgery or who are severely obese are not good candidates for this type of massage.

It is much safer than surgical procedures, however for those who opt for the more dramatic surgical result, Lypossage can be beneficial before and after liposuction, since the surgery results in damaged lymph nodes and vessels (resulting in lymphedema—swollen lymph nodes). Lypossage involves a component of lymphatic drainage massage, which helps to decongest the lymph nodes.

Another result is improved circulation, which helps to rid the body of toxins on a cellular level. Superficial fascia is the upper layer in the body that surrounds our organs and combines with adipose tissue to form the subcutaneous layer. Fat likes to settle in this area, and Lypossage can help with this layer. Most of the fat in overweight people is in the superficial fascia. Not only does it provide protection from heat loss and “blows” to the body, this fascia also is a pathway for nerves, vessels and lymph channels.

Many of the techniques in the Lypossage protocol are adapted from sports massage and directly affect, among other things, muscle tone. Lypossage profoundly influences the cardiovascular system; it can help tone the walls of the blood vessels.

Certified Lymphotherapists (CLT) are specially trained massage therapists who are qualified to practice Lypossage. Their work helps clients by facilitating the cleansing of stagnant, stalled lymphatic fluid (Lymph-congestion) that can create lumps and bulges we know as figure imbalance. The deeper strokes break up adhesions under the skin that can contribute to the dimpled, uneven appearance of cellulite.

Compared to other procedures, such as liposuction and procedures involving needles, there is very minimal bruising and no down time for the client. The first few Lypossage sessions may be mildly painful for the client and may cause minor bruising, but most clients will adapt quickly to the amount of pressure in subsequent sessions. It should be noted that Lypossage is not a weight-loss program; it is a healthy massage modality which encourages the client's positive self-image and body acceptance.

According to Montalvo in her *Dermascope* article, “There are additional positive effects of Lypossage, including a reduction in overall daily pain and improved posture through the release of tightly restricted fascia. Lypossage treatments have also been proven to stimulate a sense of well-being and a desire to incorporate other healthy habits and alternative modalities into a more holistic lifestyle. While most natural alternatives take time to bring forth much wanted results, the benefits to the whole mind and body far outshine the quick fixes in the long run.”

Kristina Mozzicato is a Board Certified, Licensed Massage Therapist who has been practicing massage for 9 years. She is a Certified Lymphotherapist and Reiki Master Teacher, and the owner of Abundant Health Massage Therapy & Wellness, at 2 Forest Park Dr., in Farmington. Connect at AbundantHealthCT.com. For more information about Lypossage, visit LypossageUSA.com. See ad, page 23.