



# Get Your Beautiful Body The All Natural Way



David Priest and Nancy Sinchak

West Hartford Massage Clinic (WHMC) offers expert level therapy treatments to help you reach your goals of feeling great, looking great, and leading an active lifestyle. Some of the therapies offered include Swedish Massage, Deep Tissue, Reflexology, Craniosacral therapy, Neurokinetic Therapy, Polarity, Reiki, Myofascial therapy, Energy Healing, and Lypossage.

In the last issue, we discussed the treatment of carpal tunnel and other repetitive strain injuries using Neurokinetic Therapy (NKT), a sophisticated rehabilitative therapy offered exclusively through WHMC. This month we will highlight Lypossage, an all-natural body contouring treatment that delivers proven, measurable results.

Lypossage, an all natural body contouring treatment, is a nonsurgical, science-based modality derived from research on lymphatic drainage and myofascial massage. Lypossage can be used as an adjunct before and after body contouring procedures such as liposuction. It can

also be used as an alternative to surgery for those who prefer guaranteed results from a non-invasive, natural method that requires no downtime, and that is good for you.

If you are tired of the texture and volume of your cellulite and wish you could look your best, and improve your health in the process, pick up the phone and call us for a free consultation at (860) 756-5560 to see if Lypossage™ is the right treatment for you.

### Does it really work and is it safe?

Can specific forms of massage help reduce cellulite? The founder, Charles W. Wiltsie III, conducted a yearlong study of 100 women that documented the effectiveness of the technique. Ninety-five percent of women lost dimension in targeted areas. Lypossage™ smoothed areas affected by cellulite, and dimensions were reduced by an average of 7 inches. In the beginning of the study, many of the women were considering liposuction. By the end of the study, the women were pleased with their results and none of them chose to have liposuction. Lypossage™ is a non-invasive, natural health treatment that helps to cleanse the body of toxins and retained fluids, and can be safely experienced by most healthy individuals.

But what if you've already had or are considering procedures such as liposuction, or tummy tucks? Lypossage™ is the number one, all natural, body contouring therapy in the world. It is also widely used before and after plastic sur-

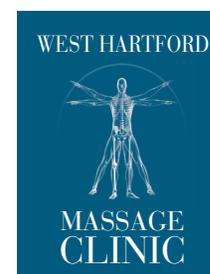
gery. Before surgery it is used to prepare the tissue for optimal surgical results. After surgery, Lypossage™ helps to cleanse the body of any stagnant, stalled lymphatic fluid that may occur, also known as lymph congestion. Fluid retention from lymph congestion causes some patients to complain that they feel tight in their jeans even though they look slim. Many women report dimpling and sagging skin in the abdominal and buttock area after surgery or weight loss that they cannot get rid of. Unfortunately, exercise or diet cannot firm sagging skin. Lypossage™ strokes break up adhesions under the skin that can contribute to the dimpled, uneven appearance of cellulite, and also tones the muscles, lifting and firming sagging tissue. It has been shown in clinical studies to improve circulation, muscle tone and lymphatic drainage. Lypossage™ is primarily a hands-on technique derived from complex physical therapy for lymphedema and is the ideal massage technique for patients with this problem.

### Areas of Body Lypossage™ Addresses

Lypossage™ treatments are designed to target three specific areas of the body, known as zones.

*Zone 1: targets the lower body, including the hips, thighs, buttocks, and lower abdomen. Expected outcomes for this part of the body include dimension loss, structural improvements (posture and carriage), diminished look of cellulite, improved muscle tone, cleansing of the lymphatic system and improved circulation.*

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Healing Through  
Integrative Bodywork

Injury Rehabilitation • TMJ • Carpal Tunnel • Craniosacral

David Priest, LMT  
Nancy Sinchak, LMT

Office: 860.756.5560

45 South Main Street  
West Hartford, CT 06107

# The All Natural Way

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*Zone 2: includes the upper abdomen, back, décolleté (chest and neck area) and arms. This zone targets improving posture, dimension loss in the arms and abdomen and toning and firming of the bust area, improved circulation and lymphatic flow in the upper body.*

*Zone 3: is performed on the head, neck and face and can provide dramatic results in lifting and toning sagging tissues in the lower face and neck, diminishing the appearance of wrinkles and significantly improving skin tone and texture. This truly is a “natural” face lift.*

Lypossage™ is a non-invasive, natural health treatment that helps cleanse the body of toxins and retained fluids. Most clients find that Lypossage™ enhances their energy and mental clarity. Most patients experience Lypossage™ as a powerful, effective, all natural way to a beautiful body. Call us today to schedule a free consultation (860) 756-5560.

“I have been frustrated for years with rippled fat on my stomach and thighs. No matter how much I dieted or exercised the dimples were still there. Wearing a swim suit was embarrassing. Finally, I decided to try Lypossage. It was the best thing I have done for myself! My thighs and stomach look smooth and toned. Now I can appreciate all the hard work I have done at the gym to look firm and fit. I can wear a bathing suit with confidence, and my husband appreciates the new me.” A.S.