

# Benefits and Effects of MLD used in Esthetics

“Health begins from within” using Manual Lymph Drainage:

by Gay Lee Gulbrandson, 2003

In the treatment of the skin we are treating the largest organ of the body. The skin provides protection to our body from the toxins in our environment, i.e. dust particles, bacteria, viruses, etc.

The health of the skin depends on how we maintain the epidermis and more importantly the dermis. We can affect the epidermis in part from what we do on the outside of the skin. And yet the most effective treatment of the dermis comes from the health of the Loose Connective Tissues (LCT), that makes up the dermis, under the epidermis.

The main function of the lymph system is to cleanse the LCT by removing excess water, proteins, fats, and cellular waste that cannot be removed by the circulatory system. MLD dramatically aids removal of these waste products in the LCT.

Decongestion of the dermis via MLD allows nutrients such as oxygen, vitamins, and minerals to effectively feed the cells of the skin. This also reduces edema or swelling of the dermis.

The face and neck are particularly effected by MLD due to the large number of lymph vessels and nodes that are found in the neck. This makes MLD an effective treatment for acne, eczema, rosacea, dermatitis, and other skin congestion disorders.

MLD can also be used for pre and post operative procedures where it helps to remove congestion, accelerate the healing process, and minimize scar formation.

Another effect of MLD is the relaxation of the Sympathetic Nervous System (SNS). This allows the Parasympathetic Nervous System to do its job of renewing, restoring, and rejuvenating the cells of the body. This is why our skin looks so good after a restful nights' sleep. MLD has the same effect on the skin, contributing to a fresher more youthful look.

The healthy, beautiful skin that most people are seeking begins within the dermis. MLD can create clean, clear, radiant skin when used by a well trained professional.