

The Dr Vodder School Esthetician Program Synopsis:

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In case you are not familiar with the work that we do with Manual Lymph Drainage (MLD), I would like to acquaint you with a few key points. The Dr. Vodder School has two streams of classes that are offered:

Esthetician and Therapist.

The Esthetician classes focus on the **neck and face**, as well as the **body**. The first level of training is the **Basic** Neck and Face and the **Advanced** Neck and Face. There is also the Basic Full Body and the Advanced Body/Spa class for Estheticians.

The "Therapist" classes are geared toward Health Care Professionals (e.g.: Physiotherapists, Nurses, Massage Therapists, etc.) There are 4 levels of training for this group. The focus is working with pathologies/health issues. The MLD classes for "therapists" include treatment of migraines, edema, carpal tunnel, and many other conditions listed on the Dr Vodder School International or NAVALT websites. These are considered pathologies, and are taught only in the classes for health care professionals (includes LMTs).

The **Basic Neck and Face** (esthetician) class focuses on understanding how the physiology of the skin works and how the treatment of MLD can affect skin health. Essentially we learn how having a healthy dermis can create great looking epidermis! The **Basic Neck & Face** class gives students a sense of the overall condition of the skin, as they are applying the technique. It focuses on how and why to incorporate MLD into a regular facial. MLD helps to enhance the nutritional support of the skin. It enhances circulation.

It helps to provide healthy fluid balance in the tissue/dermis that supports the skin. It helps to prevent congestion. It helps to remove metabolic waste. Estheticians who take this class, in addition to learning all about the above, will be able to take this original technique and immediately be able to integrate the information and techniques into their menu.

The **Advanced Neck and Face** class addresses those clients who need special attention: acne, rosacea, eczema, aged skin, sun-damaged skin, plastic surgery, etc. The hand skills are fine-tuned in this class. There are exams to pass before receiving the certificate of completion. The initial 2 Neck and Face classes are both 20 - 21 hours long.

This method is the original recognized Vodder MLD technique. All Vodder Certified Instructors have their hand skill checked each year with Hildegard Wittlinger, an original student of Dr. Vodder. Hildegard and her husband were authorized by the Drs. Vodder to open a teaching school and clinic in Austria. We take pride in following in their impressive footsteps.

If you have any questions regarding any of this, please do not hesitate to contact me or Gay Lee. Thank you for your interest in promoting Dr. Vodder's Manual Lymph Drainage.

By:

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