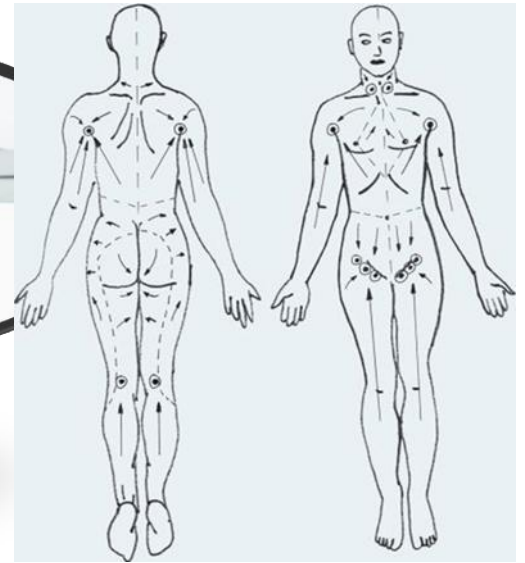


LYMPHATIC DRAINAGE MASSAGE

MOVE BETTER
•
SLEEP BETTER



The lymphatic system is an integral part of the immune system and has several functions. It works to reduce catarrh, toxins and waste from the body in order that they do not collect and lead to possible auto-intoxication. It also serves as your body's own warning system that disorders are starting to build up. This can be noticed when you have 'swollen glands' – around the neck or ankles, particularly. Its other role is to transport fats to where they are needed in the body. The lymphatic system has no circulation of its own and requires movement to help prevent a blockage. If this movement is compromised, it can become sluggish and coagulated with a buildup of fluid. This is where the Ripple tone machine can help! It stimulates a pumping and deep massage action to help encourage movement of the fluids around the body, reducing puffiness, thickened ankles and tired legs.

The lymphatic system, which consists of a network of vessels throughout the body, drains lymph (a fluid) from tissues and empties it back into the bloodstream. However, if too much fluid is released in the first place the lymphatic system can be overwhelmed - it is unable to return fluid fast enough, and it accumulates around the tissues (fluid retention).



Sometimes, if the lymphatic system is congested, there may be something wrong with the rate at which fluid is returned back into the bloodstream. This means that fluid can remain in the tissues, causing swelling in various parts of the body, including the abdomen (ascites) or ankles, legs and feet (edema).

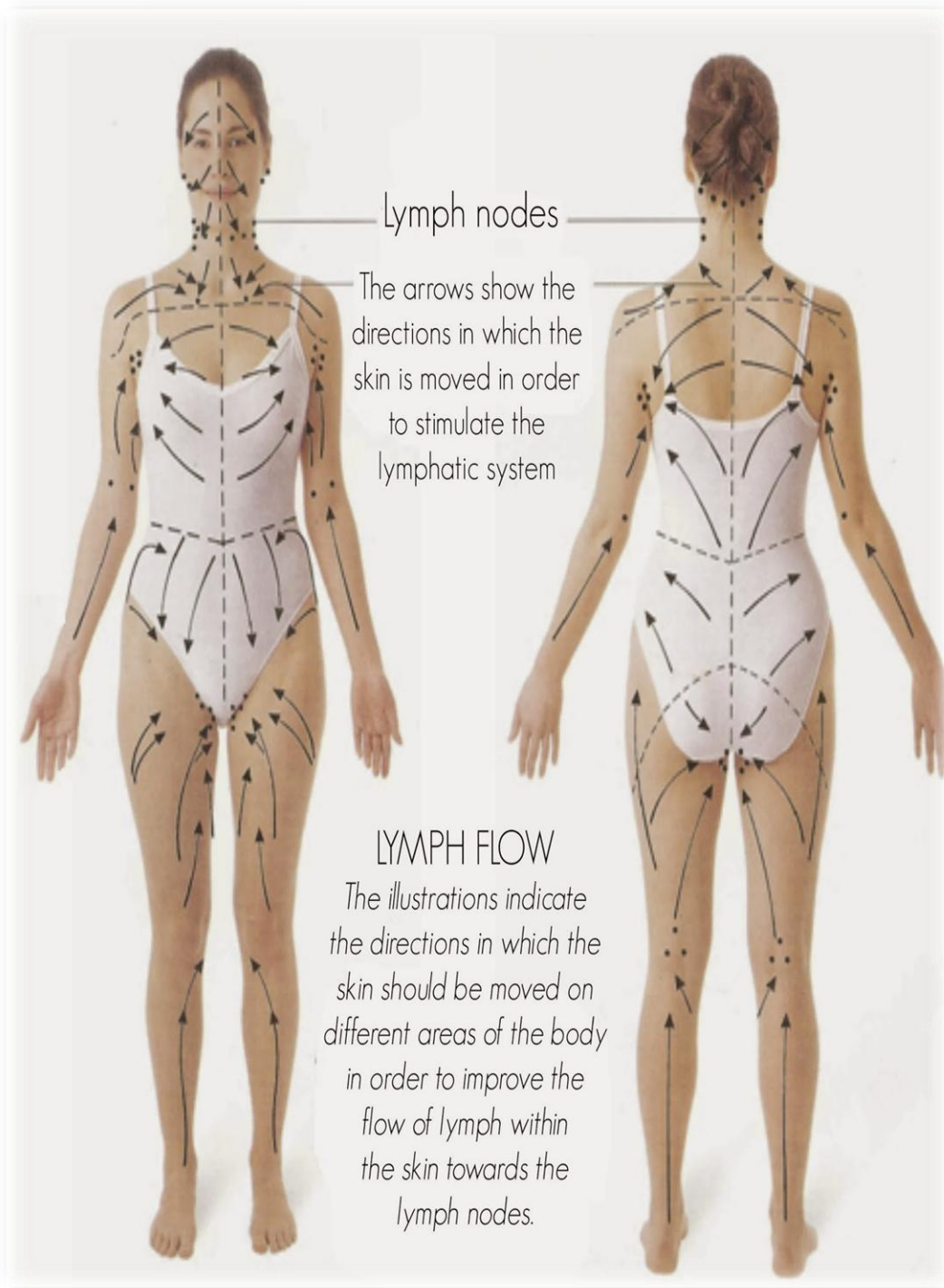
What is cyclone ripple therapy?

This ripple therapy is achieved using a mechanical vibration, known as cycloid vibration. Cycloid vibration has been successfully used for more than 60 years, and is the subject of conclusive medical research studies by universities and teaching hospitals worldwide.

In the 1940's a young Irish minor called Owen Murphy, noticed that his colleagues would lean against a vibrating coal grating machine to relieve their back pain, while working in the mines near Niagara Falls, Canada. In 1949 he patented a therapeutic cycloid vibration device that recreated the beneficial movement on a smaller scale for clinical use. Now It is used by many clinics and hospitals through the world.

How it works

Cyclone ripple therapy. Vibrations produce a multi-directional, non-percussive action, which increases blood and lymphatic circulation by stimulating deep muscle activity. It is a non-invasive action allowing muscles to relax and circulation to be improved without aggravating any skeletal or joint problem.



Lymph nodes

The arrows show the directions in which the skin is moved in order to stimulate the lymphatic system

LYMPH FLOW

The illustrations indicate the directions in which the skin should be moved on different areas of the body in order to improve the flow of lymph within the skin towards the lymph nodes.