

Lymphatic Drainage Therapy

– The Perfect Enhancement to Cosmetic Surgery

Beautiful You speaks with Catherine Arnault, an experienced massage and naturopathic professional about how lymphatic drainage therapy can be the perfect enhancement to cosmetic surgery and improve one's surgical results and overall wellbeing.

Catherine started Interactive Healing Therapies over 5 years ago in Parnell and has over 30 years of experience in the industry having practiced in Australia, New Caledonia and France. For those of you who have recently had cosmetic surgery, be sure to experience these unique holistic therapies to feel good and recover more quickly.

Describe what Lymphatic Drainage Therapy is and why it is ideal for people who have just had cosmetic surgery?

Manual Lymph Drainage (MLD) is a really great therapy for people who have just undergone cosmetic surgery as well as any other types of surgery such as hip and knee replacement to even carpal tunnel. The lymphatic system is a healer of wounds and this is stimulated during

a MLD treatment. If there is any damage or trauma to the connective tissue, which may have been caused through injury or surgery eg: hematoma (bruise), ulceration or inflammation, the lymphatic system transports the damaged cells, inflammatory products and toxins away from the affected area. The quicker this happens the faster the recovery, which makes MLD perfect for that quick recovery our patients usually want.

Is there any pain involved in this treatment?

That's the terrific thing with MLD - it is absolutely pain free. In fact, it actually alleviates pain. MLD is a gentle manual pumping technique done without oil - nothing like a normal massage. Our clients are always telling us how wonderful they feel after a treatment.

With so many procedures out there, how does one go about choosing the most appropriate treatment?

We think that using a combination of treatments is more effective for aiding the healing and recovery process. For example we do MLD and add Pro Biotron Light Therapy which promotes faster wound healing (used in hospitals in Switzerland). After 2-3 treatments we usually also include Endermotherapie (mechanical stimulation of the connective tissue) which is ideal for treating post surgery scars, swelling, bruising and loss of sensitivity. A hand held laser (called soft laser therapy) is used for softening scar tissue and fibrosis. Kinesio Tape is used to reduce bruising. We can adapt this combination treatment according to the client's healing process. Clients love this approach to their treatment and the results speak for themselves!

Do you suggest treatment prior to surgery?

Yes, we do recommend that clients come prior to surgery to prepare themselves physically, psychologically and emotionally. We are here to reassure, relax and advise our clients on what they can expect and give them tips how to feel more comfortable following surgery to enable to sleep and rest which is a essential part of the recovery process.

Is there anything else you would like to mention about your treatments at Interactive Healing Therapies?

We believe in a safe integration of complimentary medicine in pursuit of vitality and wellbeing and towards improved appearance by maintaining optimal quality of health. The foundation of beauty and wellness lies in good healthy connective tissue. That's why clients who have had cosmetic surgery come to us for body shaping treatments such as endermologie (to recondition the connective tissue, to increase production of collagen and elastin and to perform effective detoxification). Our Infrared Bodywrap is another safe way to reshape the body and improve the appearance of skin and muscle definition. We also incorporate Naturopathy to treat any underlying health issues to incorporate a more well-rounded treatment program for our clients. 

