



淋巴排毒按摩法 MASTER THE MANUAL LYMPH DRAINAGE TECHNIQUE

By Joanna Hoare

Ms Joanna Hoare 英国著名淋巴引流专家
Chairperson of International Federation of Aromatherapy (IFA) Examiner of CIDESCO. Specialist field include Oncology and treating pregnant and elderly patients

Lymph drainage massage is a unique technique first developed in Europe as a physical therapy modality for the treatment of lymphoedema disease. Experience has shown that it is not only for ill patients; lymph drainage massage

is also a perfect technique for helping clients to maintain health and improve the beauty of the skin. Lessons will be taught in a full-body treatment sequence as well as a face and neck procedure that may be combined with other treatments or offered as a stand-alone service.

淋巴排毒按摩发源于欧洲，这首创的技术是为了治疗淋巴系统问题而发展出来的一种物理疗法。经验显示它不仅为了病患者；淋巴排毒按摩也是保持健康肌肤的一种完美技术，并增进皮肤的亮丽。这疗程不但可作为一种独立的服务，它也可配合身体、脸和颈项一起护理，可达到更完美的效果。



This class is open to massage therapists, aestheticians, nurses and other health care providers.
这类独特的淋巴按摩技术课程，适合于治疗师，美容护理师，护士和其它保健供应者。

Course : Lymph Drainage (Face 脸部)
Date : 3rd & 4th Oct 2011
Time : 9.30am - 1.30pm (3rd) / 9.30am - 5.30pm (4th)
Course Fee : \$700 (2 days)

Course : Lymph Drainage (Body 身体)
Date : 3rd, 6th, 7th & 8th Oct 2011
Time : 9.30am - 5.30pm
Course Fee : \$900 (4 days)

Uses and benefits for Lymph Drainage Massage

- Strengthening the immune system
- Manage Migraines
- Eliminate Toxins
- Regeneration of skin
- Sensitive, acne skin
- Sports injuries- in posttraumatic injury lymph drainage offers an alternative to general massage.
- Stimulation of the lymphatic system
- Scar tissue-improvement of lymph flow, soften the tissue
- Reduce high blood pressure
- Oedema during pregnancy
- Arthritis and rheumatism etc...

淋巴排毒按摩的使用和利益:

- 加强免疫系统
- 改善偏头痛
- 排除毒素
- 皮肤更新
- 敏感，暗疮皮肤
- 运动损伤（外伤）替代一般按摩
- 淋巴系统的刺激作用
- 皮肤组织及伤疤的改善
- 降低血压高
- 怀孕期间的浮肿者
- 关节炎和风湿病等..

An Essential

oil blend is prepared for various therapeutic and Aesthetic effects.

The process of blending knowledge is required to produce a successful blend.

香精油调配法可以用来配合各种治疗及美容方法。
拥有香精油调配的知识必能调配出好的香精油。

Creating your own fragrances is a playful art, requiring little more than intuition, imagination, a passion for aroma, and attention to a few guidelines. Joanna Hoare a veteran aromatherapist will provide advice and technique to create the utmost of essential oil in this workshop. Some of the topics included in the workshop will be:

制作您喜爱的芳香精油是一门有趣的艺术，需要知觉，想像力和对味道的热忱以及一些技巧。在讲座上，Mrs. Joanna Hoare将提供调配香精油的建议和传授有关香精油的知识与学问。

- Selection of oils
- Blending of oils
- Properties of essential oils
- Balancing effects of oils
- 如何选择精油
- 如何调配精油
- 各种精油的益处
- 精油的平衡效果

Date: 10th Oct 2011
Time: 9.30am - 5.30pm
Fees: \$300

