



How Can Susan's "Cosmopolitan" Facial Massage Technique Compliment Mesotherapy Treatments?

By Susan Epperly, B.A., L.M.T.I., C.M.T.

Mesotherapy is a cosmetic procedure that can be performed by a physician. The procedure consists of a series of small injections of medication that helps dissolve fat and cellulite. The fat cells burst and release their contents into the surrounding tissue. The patient's immune system is then activated to clean up the debris from the fat cell destruction. As a result, there is some soreness and redness following the treatment. It works best for those whose weight is stable and who do not plan on losing any more weight. It is most effective on small pockets of fat, and so it is often used to address under eye bags, double chins, and jowls.

Susan's "Cosmopolitan" facial massage, which utilizes negative pressure cupping, can compliment mesotherapy treatments by assisting lymphatic drainage and reducing puffiness. After a patient undergoes mesotherapy, the lymph system is involved to a great degree in cleaning up the debris that has resulted from the fat cell destruction. Negative pressure cupping aids the lymph system in clearing this debris more quickly, thereby helping to reduce the swelling that mesotherapy can cause.

If mesotherapy sounds like a cosmetic procedure that may be of interest to you, Susan highly recommends Dr. Shirat Ling, D.O., of Innate Beauty. View her Facebook Fan Page, or visit her website at www.innatebeauty.com.

Of course, in addition to complimenting mesotherapy, Susan's "Cosmopolitan" facial massage can be beneficial for reducing everyday facial puffiness, creating a lifted appearance, reducing dark circles under the eyes, reducing jowls, diminishing wrinkles, and assisting with the resolution of facial scars. Go to www.tigerlilystudios.com and visit the "Cosmopolitan Facial" page under "Services" for more information or to book an appointment.

And if you are a health & wellness practitioner who would like to learn how to add this service to your practice, please visit the "Cosmopolitan DVD" page under "Products" at www.tigerlilystudios.com. Our DVD walks you through the process of incorporating this amazing service into your service menu.

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