AWARD-WINNING NATURAL SKINCARE

CAPE TOWN · PALM BEACH

GEMELLE

LYMPHATIC BEAUTY & WELLNESS

YOUR GUIDE TO DAILY LYMPHATIC DETOX ROUTINES

LYMPHATIC DETOX ROUTINES

Daily lymphatic detox routines by GEMELLE are the gold standard for lasting beauty and wellness.

The lymphatic system is critical to maintaining your health, immune system & overall well-being. Unlike *your heart* that *pumps automatically*, <u>you need to</u> <u>stimulate your *lymphatic system*</u> <u>each day</u>.

Your *lymphatic system* filters out *harmful toxins*, reduces swelling, *boosts immunity* & enchances circulation, resulting in *radiant skin* & *improved overall well-being*.

Our *natural* face & body oils help *facilitate simple daily routines* while *deeply nourishing* your skin to *support health* & *beauty* at the *cellular level*.



CONTENTS

1.	WHY LYMPHATIC HEALTH MATTERS	рб
2.	UNDERSTANDING YOUR LYMPHATIC SYSTEM	<i>p9</i>
3.	HOW TO USE GEMELLE LYMPHATIC OILS	p14
4.	CARING FOR YOUR GEMELLE LYMPHATIC OILS	p42



why lymphatic health matters

Your *lymphatic system* is a crucial part of your body's *detox* and *immune defense network*.

Supporting it through daily routines can bring long-term benefits for your skin, beauty, health and overall wellness.

the BENEFITS of LYMPHATIC MASSAGE

1. FLUSH TOXINS

Filters out toxins and harmful substances, including damaged cells.

2. REDUCES SWELLING & PUFFINESS

Helps reduce swelling, puffiness and bloating by moving excess fluids out of tissues.

3. PROMOTES HEALTHY, GLOWING SKIN

Improves blood flow to the skin, which delivers oxygen and nutrients to stay hydrated and nourished.

4. BOOSTS IMMUNE FUNCTION

Improves your body's ability to fight infections and disease.

Stimulating your lymphatic system daily can enhance your body's natural detox and wellness processes.

understanding your LYMPHATIC SYSTEM

The *lymphatic system* includes hundreds of *nodes* & *vessels* throughout the body that carry *lymph fluid*, *removing waste* & *toxins*.

KEY AREAS *with* LYMPH NODES

1. FACE, NECK & JAW

Lymphatic massage helps to remove toxins, drain fluids, hydrate and reduce puffiness.

2. BREAST & UNDERARM

Stimulate lymphatic circulation and flow to flush toxins, remove damaged cells and improve the immune system.

3. BELLY & GROIN

Promotes internal detox by moving lymph from the core organs and removing excess fluids.

4. LEGS

Lymphatic drainage reduces swelling and congestion in the lower extremeties.

TIP: Lightly massage toward the lymph node areas when massaging for optimal results.

the LYMPHATIC *SYSTEM*



There are 600-800 LYMPH NODES in the adult body LYMPHATIC DRAINAGE patterns of the body



using GEMELLE oils

5-MINUTE DAILY DETOX ROUTINES

A *simple* daily lymphatic routine can have a *profoud impact* on your *health*, *beauty* & *wellness*.

Even just *5 minutes a day* can make a noticeable difference in how your body feels & functions.

Over time, these small actions promote *clearer skin* & help your body *detox* efficiently.







GEMELLE LYMPHATIC GUA SHA FACE OIL

STEP 1 PREPARE YOUR SKIN

Cleanse and dry your face and neck thoroughly. Warm 3–5 drops of the oil between your hands to enhance absorption.

STEP 2 APPLY THE OIL

Gently press your hands onto your face and neck, ensuring even distribution of the oil.

STEP 3 PERFORM GUA SHA MASSAGE

Using a gua sha tool, apply light pressure with gentle strokes along the face, jaw, forehead and neck areas to promote lymphatic drainage, increase elasticity and reduces puffiness.

 $STEP \ 4$ FOCUS ON DELICATE AREAS

Lightly glide the gua sha tool around the eyes and mouth, using gentle, curved motions to stimulate collagen production and reduce fine lines.







GEMELLE LYMPHATIC ANTI-AGING FACE OIL

STEP 1 PREPARE YOUR SKIN

Cleanse and dry your face and neck thoroughly. Warm 3–5 drops of the oil between your hands to enhance absorption.

STEP 2 APPLY THE OIL

Gently press your hands onto your face and neck, ensuring even distribution of the oil.

STEP 3
PERFORM FACIAL MASSAGE

Gently massage the face, jaw, forehead and neck areas to promote lymphatic drainage, nourish and hydrate your skin.

 $STEP \ 4$ FOCUS ON DELICATE AREAS

Lightly massage around the eyes and mouth, using gentle, circular motions to stimulate collagen production and reduce fine lines.









GEMELLE LYMPHATIC BODY SCULPTING OIL

STEP 1 PREPARE YOUR SKIN

Cleanse and dry the targeted area thoroughly. Warm 3–5 drops of the oil between your hands to enhance absorption.

STEP 2 APPLY THE OIL

Press hands onto the skin and evenly distribute the oil.

STEP 3
PERFORM BODY SCULPTING

Using your hands or a body gua sha tool, gently massage the targeted areas with gentle strokes towards the nearest concentration of lymph nodes to increase drainage and remove excess fluids.

> STEP 4 FOR PROBLEM AREAS

For cellulite-prone regions on the legs apply upward strokes towards the hip and groin area for lymphatic flow and drainage.







GEMELLE LYMPHATIC DRAINAGE MASSAGE OIL

STEP 1 PREPARE YOUR SKIN

Cleanse and dry the targeted area thoroughly. Warm 3–5 drops of the oil between your hands to enhance absorption.

STEP 2 APPLY THE OIL

Gently press your hands onto the skin, ensuring even distribution of the oil over the area.

STEP 3 PERFORM LYMPHATIC MASSAGE

Using your hands and fingertips, gently apply pressure moving toward the nearest lymph nodes to promote lymphatic drainage and reduce swelling.

> STEP 4 FOR PROBLEM AREAS

For post-surgery recovery, start at the affected area and move towards the heart with gentle pressure to help reduce swelling.







GEMELLE LYMPHATIC BREAST MASSAGE OIL

STEP 1 PREPARE YOUR SKIN

Cleanse and dry the breast and underarm areas thoroughly. Warm a few drops of the oil between your hands to enhance absorption.

> *STEP 2* APPLY THE OIL

Gently press your hands onto the targeted areas, ensuring even distribution of the oil.

STEP 3
PERFORM LYMPHATIC MASSAGE

To promote lymphatic circulation and drainage, use gentle massage and light strokes towards the lymph nodes in the underarm area.

> STEP 4 FOR DELICATE AREAS

Lightly massage around the nipple and areola, using gentle, circular motions to stimulate circulation and maintain tissue health.







GEMELLE LYMPHATIC MUSCLE RELIEF OIL

STEP 1 PREPARE THE AREA

Cleanse and dry the targeted muscle area thoroughly. Warm a few drops of the oil between your hands to enhance absorption.

> *STEP 2* APPLY THE OIL

Gently press your hands onto the sore muscle, ensuring even distribution of the oil.

STEP 3
PERFORM MUSCLE MASSAGE

Gently massage with light strokes and circular movements towards the nearest lymph nodes. This promotes lymphatic drainage and helps to reduce swelling and muscle tension.

> STEP 4 FOR PROBLEM AREAS

For muscle recovery and physical therapy, lightly massage the affected area prior to exertion or exercise. Consistent daily use enhances results.





To get the most out of your GEMELLE oil & extend its shelf life, *follow these* care tips.

1. STORAGE

Keep the bottle tightly sealed and store in a cool, dry place away from direct sunlight.

2. APPLICATION

Use clean hands or a Gua Sha tool each time to avoid contamination.

3. CONSISTENCY

For best results, apply the oil daily and combine it with gentle massage to support long-term lymphatic health.

CAPE FLORAL KINGDOM SOUTH AFRICA