

ALCHIMIE FOREVER

OF SWITZERLAND

CLINICAL RESULTS,
CLEAN FORMULATIONS,

SELF CARE THROUGH SKIN CARE™



MANUAL FACIAL LYMPHATIC DRAINAGE

As developed by Dr. Vodder and adapted in
Alchimie Forever treatments

INTRODUCTION & HISTORY

Manual lymphatic drainage (MLD) is a gentle type of massage intended to encourage the natural circulation of the lymph through the body. The lymph system depends on intrinsic contractions of the smooth muscle cells in the walls of lymph vessels (peristalsis) and the movement of skeletal muscles to propel lymph through the vessels to lymph nodes and then beyond the lymph nodes to the lymph ducts which return lymph to the cardiovascular system. Manual lymphatic drainage uses a specific amount of pressure (less than 9 ounces per square inch) and rhythmic circular movements to stimulate lymph flow.

The original method of MLD was developed by Emil Vodder, PhD and his wife, Estrid Vodder, in the 1930s. Emil Vodder was born in Copenhagen on February 20, 1896. At the University of Copenhagen he took biology, mineralogy and botany. There, he also began studying medicine, cytology and microscopy. Early during his studies he also became interested in physical medicine. Accompanied on biological studies by his wife, he dedicated his time to the anatomy and physiology of the lymph vessel system. In a large anatomical atlas, Vodder found a collection of wonderful copper engravings by the anatomist Sappey (*Description et iconographie des vaisseaux lymphatique concideres chez l'homme et de les vertebres*, Paris, 1885). These engravings became the fundamental basis for a systematic and clear working method, which Vodder elaborated on by intuition and many practical treatments. A new manual technique was developed using pumping, circular movements and a very light pressure in order to avoid hyperemia under all circumstances. In During a Paris congress 1936, Vodder presented his method to the world as "Manual Lymph Drainage."



DR. EMIL VODDER

In the early 1950s, Vodder received invitations to teach his method in European countries. In the early 1960s, a German general practitioner, Dr. Johannes Asdonk, heard of Vodder and became interested in this method. As a physician, he recognized the importance of Vodder's method and gave us the first list of indications.



In 1966, Günther Wittlinger and Dr. Vodder met. Vodder, Asdonk, and Wittlinger founded the Association of Dr. Vodder's Manual Lymph Drainage in 1967. Wittlinger and Vodder also founded the first Dr. Vodder School in 1972 in Walchsee, Austria.

In Europe, MLD has since become a widely used and reimbursable physical therapy technique. It is the most prescribed and reimbursed physical therapy in Germany.

The Dr. Vodder method of MLD was first introduced to North America by Hildegard Wittlinger at a conference in New York in 1972. Ten years later, in Toronto, Canada, he began the training program for therapists. There, he met Robert Harris, who is now the director of the Dr. Vodder International School. Through many classes in the US and Canada in the 1980s, MLD gradually became better known and the Dr. Vodder School, North America was founded in 1993.

Full certification has been available in North America since 1993 through the Dr. Vodder School and is taught in other countries such as Australia, Singapore, Japan, New Zealand, Ireland, the UK, and many European countries.

WHY MLD FOR ALCHIMIE FOREVER®?

The Alchimie Forever mission is to create lifelong beauty and wellness through a philosophy of self-appreciation and self-nurturing.

Manual Lymphatic Drainage (MLD) is gentle massage intended to stimulate the natural circulation of the lymph. Through this massage technique, the stimulation of the lymphatic flow is combined with relaxation of the mind and detoxification of the tissues.

The benefits of the signature Alchimie Forever Le Secret Blueberry Anti-Aging Facial are to relieve stress, detoxify the skin, brighten the complexion, reduce dark circles, and have a powerful anti-aging effect. Combining Alchimie Forever products with this massage technique ensures the efficacy of this treatment.

A Note on Machine Lymphatic Drainage

Part of our philosophy at Alchimie Forever is to encourage human contact and the human touch. As such, this treatment protocol uses manual lymphatic drainage, which should not be replaced by machine lymphatic drainage.

INDICATIONS & EFFECTS

Esthetic Effects

Face

- Reduction of dark circles
- Brightening of the complexion
- Reduction of under-eye bags
- Improvement of wound healing after surgery (e.g., face-lift)
- Stress reduction
- Enhancement of well-being

Drainage Effects

Face & Body

- Cleansing and detoxification of tissues
- Stimulation of the lymphatic system and increased lymphatic flow
- Detoxification of muscles
- Stimulation of bowel function
- Stimulation of the immune system
- Stress reduction
- Enhancement of well-being



CONTRAINDICATIONS

- | | | |
|------------------|-------------------------|-------------------|
| • Infections | • Renal insufficiency | • Hyperthyroidism |
| • Tuberculosis | • Cardiac insufficiency | • Open sores |
| • Suspect tumors | • Asthma | • Cystic acne |

MAIN FACIAL PRESSURE POINTS FOR MLD MANIPULATIONS & PATTERNS

Main Pressure Points

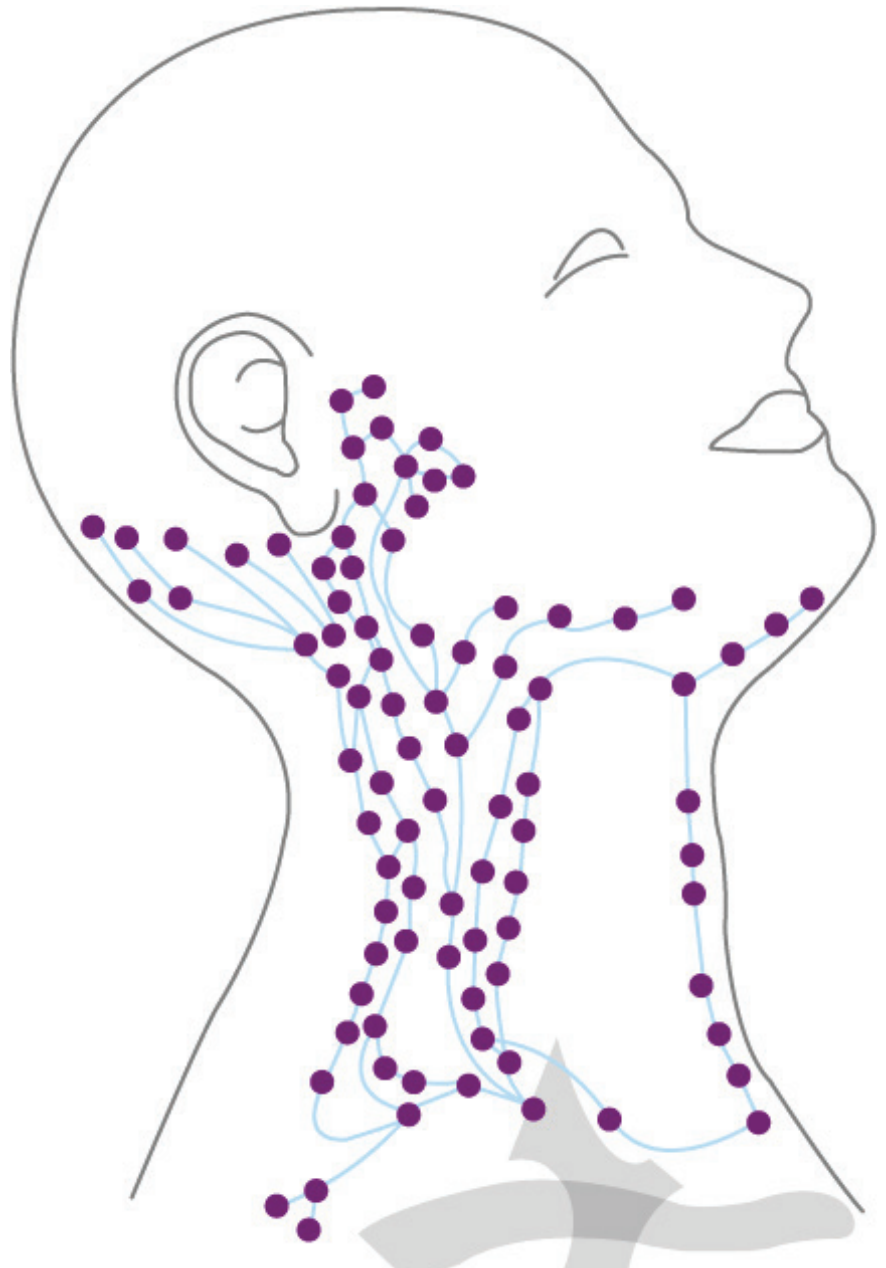
- A** Temporalis
- B** Parotis
- C** Angulus
- D** Profundus
- E** Occiput
- F** Vertebra Prominens
- G** Terminus



GANGLION CHAIN IN THE NECK & FACE

A Few Things to Keep in Mind

- The appropriate level of pressure for manual lymphatic drainage is that of a feather caressing the face. (The pressure level is deeper when applying to pressure points.) Think of the goal of the touch being to give your client goose bumps.
- The movement rhythm is very slow. Do not rush.
- Other than pressure, the key difference between MLD and traditional massage is that the movements are disconnected. After each movement, you must lift your hands off of your client's face.
- The saying, "Practice makes perfect," has never been truer than with manual lymphatic drainage. Practice, practice, practice.
- By recommending three passes for all movements (except the ending movements), a 15-minute treatment is created. You can do fewer passes if you have less time, or more passes if you have more time.
- A successful MLD treatment requires complete concentration on your client's face; you must become one with your client.
- The overall movement flow begins at the clavicle, moves upward to the hairline, and then back down again.
- After each set of passes, gently shake your hands, as if you were shaking dust off of them. (This releases the toxins.)

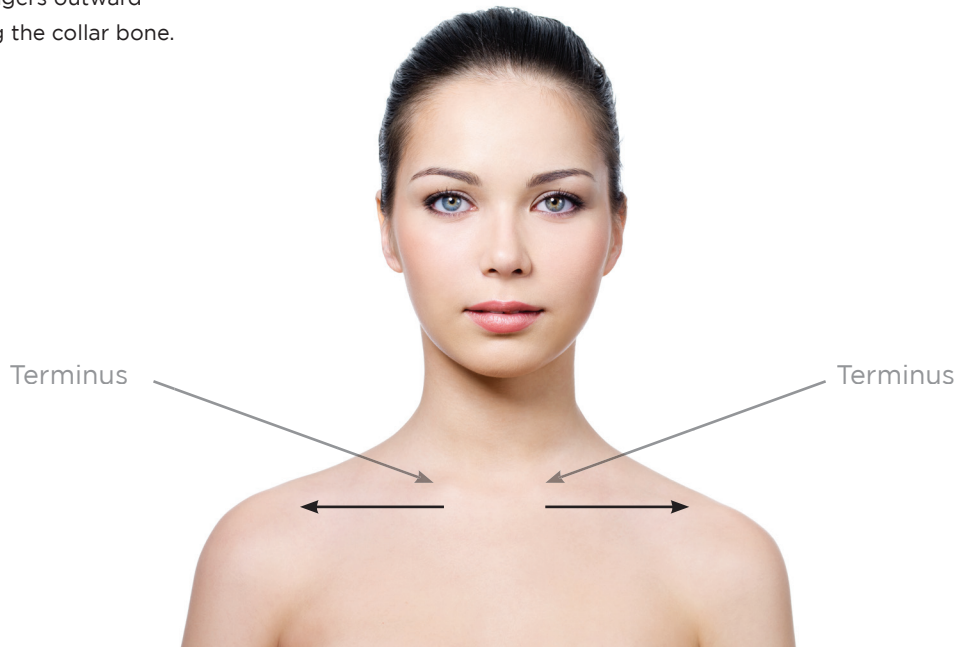


THE MOVEMENTS

1

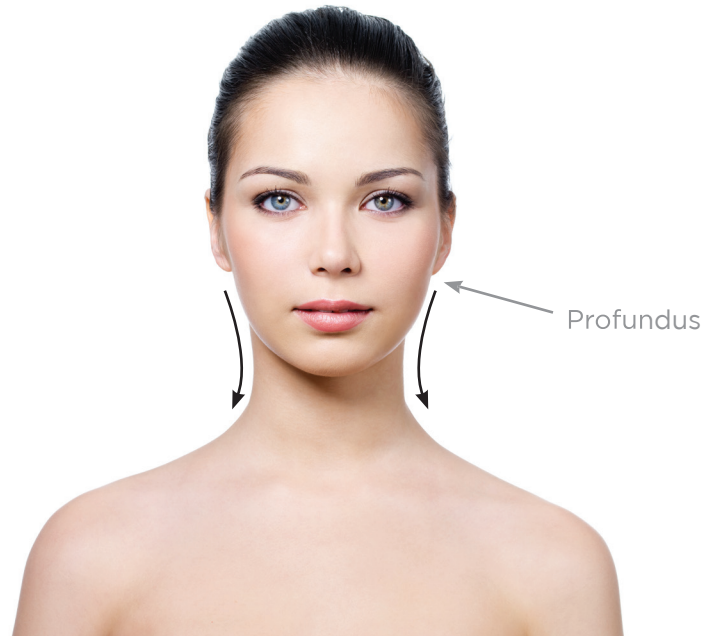
The client is lying on his/her back and the therapist is sitting as he/she would be during a traditional facial.

Clavicle: Beginning at the terminus point (aka collar bone, clavicle), position your index and middle fingers at the midpoint. Move your fingers outward toward each shoulder along the collar bone. Make three passes.



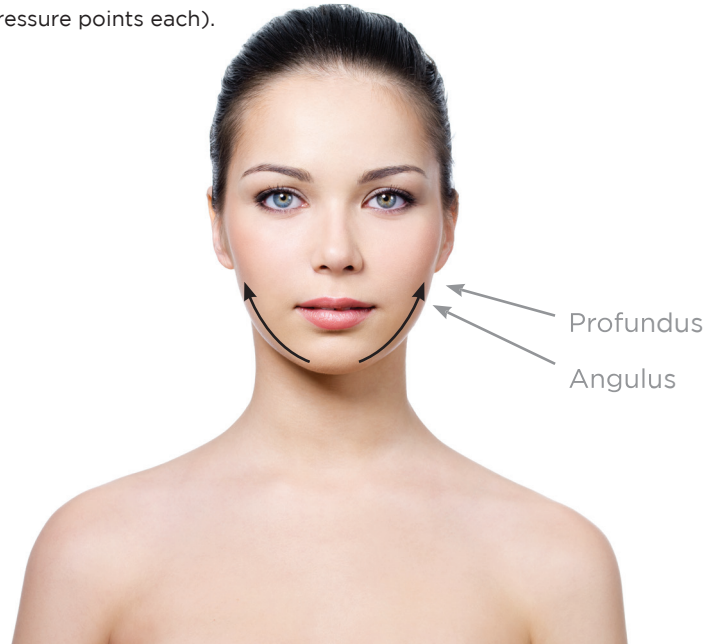
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Neck: Using your pinkie, begin behind the earlobes at the profundus point. Move gently down the carotid artery. The pinkie is bent and the side of your finger is touching your client's skin. Make three passes.



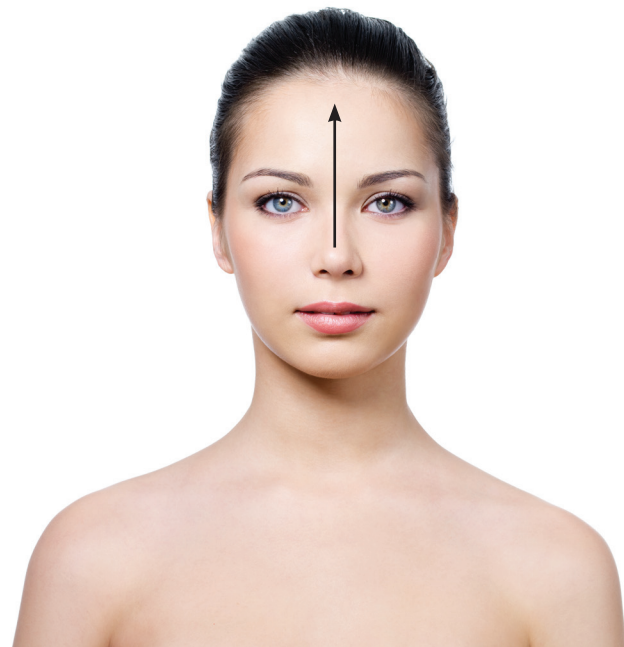
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Jaw: Follow the jawbone using your index and middle fingers. The index finger is positioned just above the jawbone, the middle finger just below (in effect, enveloping the jaw bone). For the first time in the MLD treatment, you will apply pressure points. The first is in the middle of the chin, then gently move outward and upward across the angulus. Apply pressure to four points, with the last ending behind the ear (profundus). Make three passes (4 pressure points each).



4

Nose: This part of the MLD treatment is performed with the palm of the hand and the middle finger. Place the bottom of your palm on the client's nose very gently and move your hand until the tip of your middle finger touches the middle of the forehead. Repeat with the other hand. Alternate hands (one hand is over the other). Make three passes with each hand.

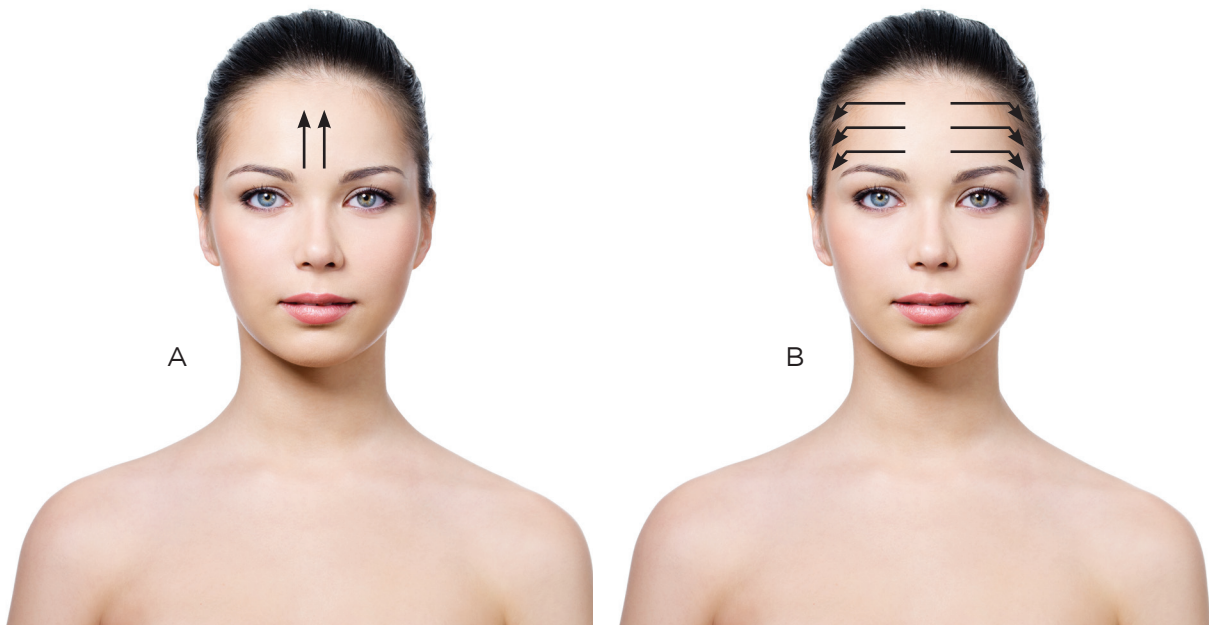


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Forehead: This part of the treatment is performed using your thumbs and involves pressure points. First move up, then move across. Make three passes each.

A. Up: Position both thumbs in between the brows. Apply a pressure point. Slowly move up to the hairline; this usually requires three pressure points, but this will of course, depend on the size of the client's forehead.

B. Across: Position both thumbs in between the brows. Apply a pressure point. Slowly move to the temple (called temporalis in the diagrams); this usually requires four pressure points. Repeat starting in the middle of the forehead. Then repeat starting at the hair line. Each series of pressure points ends at the temples (temporalis). Make three passes in each position.



6

Eyes: This part of the treatment is performed using your index and middle fingers. There are two movements which follow the ocular bone.

A. Above. The first movement follows the upper ocular bone (at the brow level).

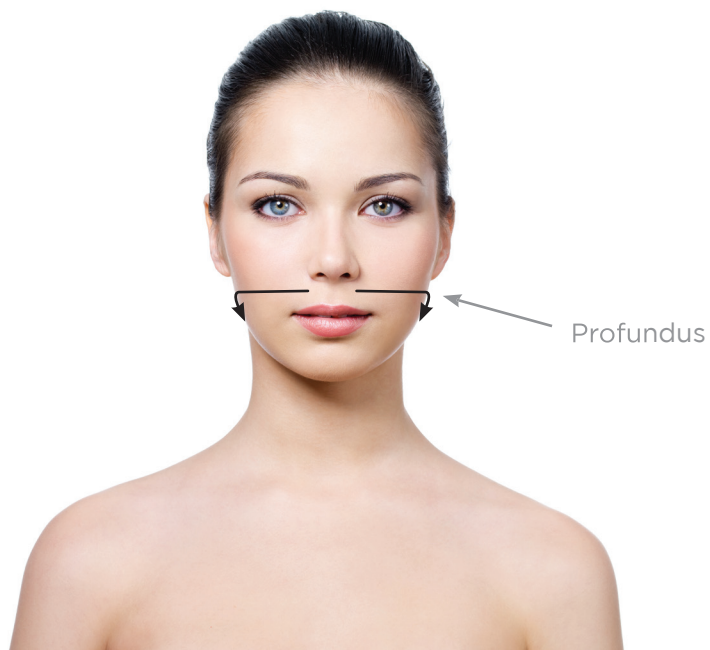
B. Below. The second movement follows the lower ocular bone, at the lash level if your client has her eyes closed.

Again, both movements involve pressure points and end at the temple (temporalis); use a total of three to four pressure points. Make three passes each.



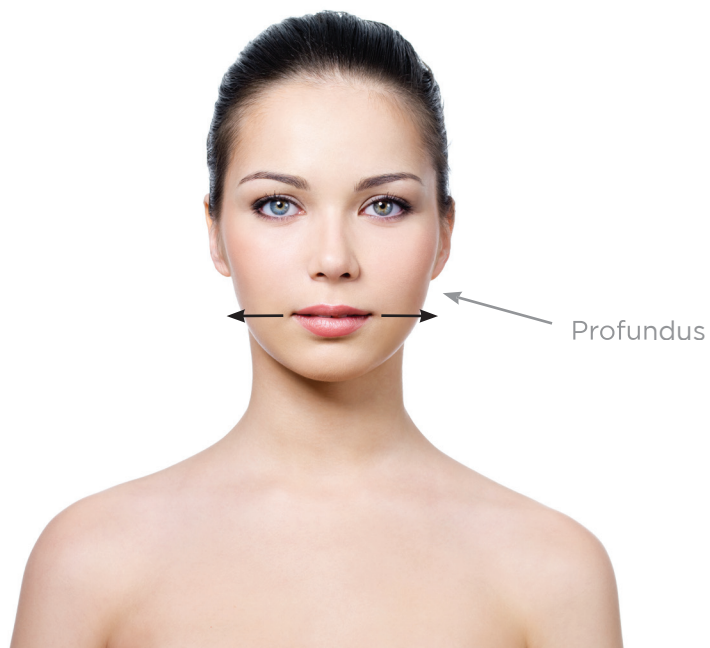
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Nose: Place your index and middle fingers below the nostrils. Follow the cheek bone downwards, applying pressure points as you go along. End behind the ear (profundus). Make three passes.



8

8. Mouth: Place your index and middle fingers at the two corners of the mouth. Move downwards and across, applying pressure points as you go. End behind the ear (profundus). Make three passes.



9

The final movements are performed in a single pass and are a repeat of the movements you began the treatment with.

- 1.** Position your pinkies behind the ears (profundus) and move straight downward to the end of the clavicle.
- 2.** Move your index and middle fingers to the middle of the clavicle (terminus), and move across, ending just slightly above the underarms. Three passes.

