

A photograph of a person's right arm and hand holding a whole orange. The hand is positioned with the palm facing down, and the orange is held between the fingers and the wrist. A semi-transparent grey rectangular box is overlaid on the upper part of the image, containing the title text. The background is plain white.

***How to improve your
lymph system and
reduce cellulite***

How to Eliminate Cellulite

Tips to Eliminate Cellulite

1. Exercise

Simply exercise like walking can help eliminate toxins from the body. The key is to do this regular.

2. Dry Skin Brushing

This is another great way to help kick start the lymphatic system.

It stimulates the lymph channels, which helps detoxify the blood and reduce the toxic build up that can cause cellulite. Simply brush the body, with a brush of natural fibers, from the extremities (legs and arms) towards the heart. All it takes is a few minutes before your bath or shower. Easy! You can use a soft brush or loofah glove.

3. Massage

A lymphatic drainage massage (as well as being a real treat!) is a great way to stimulate the opening of the lymph vessels and thus increase the volume of lymph flow. As blockages are removed, lymph flow is increased, swelling is reduced and damaged lymph vessels are able to begin healing and rejuvenating. This is what you had today!

4. Water

The lymphatic system depends on a constant supply of fluid, so it's very important to drink at least 8 glasses of water a day to keep it functioning at its best. Purified or filtered water is the best choice... and no, alcohol, tea, coffee or juice doesn't count in this equation. Sorry! In fact alcohol and caffeine is toxins and will cause cellulite.

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5. Diet

Eat more raw! Acids and enzymes in raw fruit and veggies are powerful lymph cleansers, especially on an empty stomach. A few lymph-friendly foods include: onions, garlic, ginger, avocados, sprouts, seaweeds (like kelp), wheatgrass juice and other vegetable juices, citrus fruits (especially lemon and grapefruit), apple cider vinegar, bitter foods like radish, parsley, seeds (chia, sunflower and pumpkin) and raw nuts (walnuts and almonds).

Reduce your salt intake! A high-sodium diet can contribute towards cellulite formation.

Avoid preservatives, artificial sweeteners, refined grains, excess sugar, chemicals and processed foods, all of which put strain of the lymphatic system.

Eat loads of fiber-rich foods help to remove toxins from the body and reduce cellulite.

6. Reduce your toxic load: Inside and out!

As well as being mindful of what goes inside your body, it's also important to pay attention to what you put on the outside. Your skin is extremely absorbent; therefore make sure you avoid unnatural skin care products that contain chemicals, preservatives, parabens, aluminium and / or artificial ingredients.

7. Essential oils

Dilute a few drops of grapefruit essential oil, which is rich in bromelain, a powerful anti-inflammatory enzyme that is also found in pineapple, that helps break down cellulite. It also helps reduce fluid retention and swelling which makes it one of the best essential oils for cellulite.

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8. Breathe

Like exercise, deep breathing promotes the movement of fluid through the lymphatic system while providing it with fresh oxygen. Both yoga and pilates are excellent ways to learn how to breathe properly. Practice deep breathing from your diaphragm and through your nose to keep your lymph fluids moving.

9. Wear clothing that fits properly.

Tight clothing restricts your lymph system and contributes to blockages.

10. Deal with stress, depression and other emotional issues.

Just like a congested lymph system can lead to emotional problems, so can the reverse occur. Sometimes when we are stuck in stress or other emotional issues, these feelings manifest in physical problems.

Cellulite Be Gone!

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Get that lymphatic system back into shape and your body will be able to flush out those nasty toxins from your thighs and buttocks. Once blood flow is restored to the affected areas, damaged tissue can be rebuilt and you'll be well on your way to getting rid of cellulite once and for all!

General use of the lymphapress machine used at our practice.

Detoxification of the body

Regulates digestion

Improves circulation

Relief from constipation

Swollen ankles

Improves the functioning of intestines

Reduces fluid retention and edema

Aids in the removal of lactic acid and toxins from the body

Aids in stress reduction and deep relaxation