

Body Bar Detox Drainage

Consent for Treatment

Body Bar Detox drainage is Therapeutic Bodywork. This treatment is a combination of manual lymphatic drainage, visceral fat manipulation, oscillating therapy, and myofascial release.

Bodywork Defined

Bodywork can be defined as structured, professional touch. Massage techniques manually manipulate the muscles, tendons, and fascia of the body to promote health and wellness. Benefits of massage include stress reduction, circulation enhancement, increased relaxation, and relief from muscular tension, soreness, and pain.

Limitations of Massage & Bodywork

Massage therapists do not diagnose medical diseases or musculoskeletal conditions and massage is not a substitute for medical examination or treatment. Massage therapists do not prescribe herbs or drugs, including aspirin or ibuprofen, or medical treatments. They do not perform spinal adjustments and they cannot counsel clients about emotional issues as would be provided by a mental health professional. If you experience symptoms that lead you to believe you may have a medical condition, it is recommended that you visit a physician for diagnosis and treatment.

Manual Lymphatic Drainage

Manual Lymphatic Drainage, or MLD, is a powerful form of bodywork that is intended to stimulate and encourage the natural movement of the lymph, which carries waste products away from the tissues back towards the heart. It is a technique based on gentle, rhythmic and constant movements that mimic the rhythm of the body's lymphatic system. MLD can only be performed by a licensed massage therapist, physical therapist, or occupational therapist.

Manual Lymphatic Drainage is extremely effective in treating post-surgical swelling caused by liposuction, abdominoplasty, facelift, breast lift/reduction, and any other elective, non-elective, reconstructive, orthopedic and cosmetic surgeries. This treatment is also very effective in reducing the symptoms associated with chronic health conditions, such as autoimmune conditions and Lyme, by reducing the body's inflammatory response.

Although MLD is beneficial to a number of conditions, it is not for everybody. It is very important that you list all health conditions you have, medications that you take, and all past surgical procedures. Please note that we may need to contact your health care provider for further information on your condition or need a doctor's approval in writing prior to treatment.

Contraindications for receiving MLD include, but are not limited to congestive heart failure, DVT, kidney disorders, acute inflammation or infection/malignancies, arteriosclerosis, acute cold/flu, and fever.

Adverse Reactions to Massage and Bodywork

-If you are currently sick or fighting off a virus, lymphatic drainage may lead to adverse reactions in certain situations or when used with certain conditions or medications.

-Lymphatic drainage and visceral fat manipulation may cause heavier flow if you are menstruating and receive treatment. We kindly ask that you reschedule your session

-Cancer diagnosis within the last 12 months requires medical "Physician Permission/Clearance" . Please request this form by emailing marianag@ncbodybar.com and one will be emailed to you

-You may experience headaches and flu like symptoms if you are not adequately hydrated post session.

What to expect

The practitioner will evaluate your health-history intake and ask you questions to make sure it is safe for you to receive treatment. In the event the practitioner is uncertain that massage will benefit you, he or she may ask you to provide a note from your physician stating that it is safe for you to receive a treatment. Please provide complete details of medical conditions and medications to your practitioner during the health-intake interview. Failure to inform your practitioner of all medical conditions and medications may place you at increased risk for adverse reaction. Please be sure to fully complete all applicable intake forms online before you arrive for your session.

Therapist Training and Experience

Practitioners are not doctors. All of the practitioners working at Body Bar Wellness have completed and obtained certification and licensing for lymphatic drainage, and postoperative bodywork. Bodywork practitioners, however, are not physicians with the ability to legally diagnose or prescribe.