

The Skinny Massage

Linda C. Wilson, NCBTBM CE Provider, Massage Instructor, Texas

Being a massage school owner and massage therapist over 20 plus years, I have seen a lot of bodies on my table with cellulitic appearances and uneven surfaces. My training includes Master Training for Lypossage, Endermology, working with various spas, and product training with various types of cellulite reduction and contouring gels to assist the elimination or reduction of cellulite appearance. Although this is a controversial topic in the medical community, I have seen tremendous results working with different techniques and products. Google various spa menus and you'll find a service listed to tonify skin and reduce the appearance of cellulite. Some physicians do not believe any procedure is effective. Others believe it is. One physician in particular, Dr. Howard Murad, MD, author of *"The Cellulite Solution"* says "That's because cellulite is not a fat problem, it's a skin problem. It has nothing to do with what you weigh, or how much weight you lose. Cellulite Evolution

So the question remains – are any results from any treatments lasting? Yes, and no. As with anything you do in life such as exercise and a healthy diet, you must continue with treatments and use of products to keep the changes you receive. Is it worth it? That's a question only you and your client can answer. In our industry, we are challenged with offering requested services and products. One of the most requested services is a solution for cellulite and uneven appearances on the abdomen, buttocks, and thigh regions, especially if you work in a spa setting. I believe I have a solution for cellulite reduction and I call it "The Skinny Massage". How does cellulite develop? Cellulite is actually fat stored in the top layers of the skin. There are many factors that help develop this. They are poor circulation, diet, lack of exercise, genetics, hormone imbalance, and of course, stress or lifestyle. Both men and women can have cellulite. Fat cells are called adipocytes. Their function is to reserve energy for the body in the form of lipids when the body needs energy. When the fat cells store more than the body needs, they become engorged and begin to bulge due to pressure caused not only inside the cells but also between them causing less and less circulation in that area. These adipocytes are held by fibrous connective tissues between muscles and in the deep layers of the skin. This connective tissue compresses the fat cells like a net. In women, they are held vertically. In men, they are more honey-comb shaped. These rows are held together with fibrous bands called "Septa".

The concept behind "The Skinny Massage" is that by massaging the cellulite affected areas of the body in a certain way, the circulation is improved and the cellulite gets softened and released over time out of the body. Using products to

cause microcirculation, tonification, and moisturization also help to improve enhanced results.

There are two types of sessions you can choose from to apply the product. When clients have no or very little appearance of cellulite and have a firm appearance, then choose “The Simple Skinny Massage” technique. This 30 minute session uses only brisk light and then deep effleurage strokes applied to the upper arms, upper thighs, abdomen, back, and then back of upper legs and buttocks region. The purpose of this session is to tighten, tonify, and moisturize the skin.

“The Skinny Massage” is a 30 minute session done with a group of massage strokes done in a systematic fashion to assist your client in experiencing healthier skin tone and smoother appearances of cellulite. This session should be used when clients have a visible appearance of cellulite and need strokes to soften connective tissues that have become fibrous and is difficult to move. There are various stages of cellulite and range from no to little appearance to extreme dimpling and unevenness. The earlier that cellulite formation is treated, the easier that it will be to smooth out the appearance of the skin. When the skin is in a more immovable stage, extended treatments will be required to improve the appearance of the skin. Therefore, milking muscles of waste products, helping to free adhesions and various restrictions of tissues must be used to help change the uneven appearances. Manually, you will be aiding to help reduce saggy muscle tone and increase the metabolic rate to move fluids between the cells and interstitial fluids. The strokes used in this session are effleurage, petrissage, myofascial strokes, pincement, and friction. This session is completed with application of “The Skinny Massage” formula.