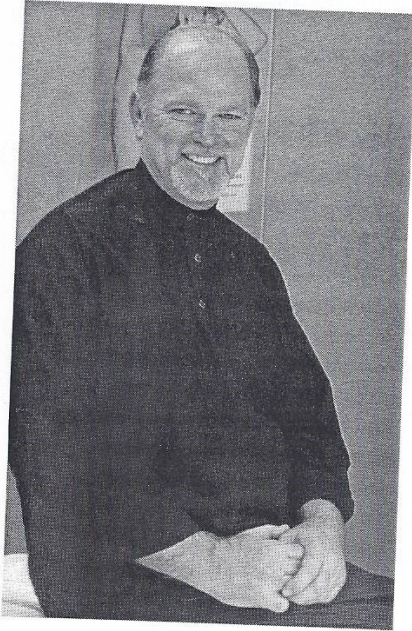


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LYPOSSAGE BODY CONTOURING

The Natural Way to a Beautiful Body
Developed by: Charles W. Wiltsie III, LMT

I was watching the local news one night after work. There was a story about a plastic surgeon claiming he could reduce body dimension in women with the use of a vacuum cleaner roller-like device. The video clip pictured a woman about 30 years old lying on a massage-like table. As she lay there, the plastic surgeon was rolling the device across her buttocks and abdomen. As he rolled this across the targeted areas I noticed that there seemed to be a strong suction pulling her skin into the head. His claim was that by using this machine, he could help people lose inches without requiring the subject to diet or

exercise. I was skeptical, but this television news feature was to be the beginning of Lypossage and an all natural way to a better body through a hands on approach to body contouring.

As I watched this report I had two immediate reactions. First, I thought this was a ridiculous idea. This plastic surgeon was feeding on the patients' vanity and was unconcerned with their health. I felt the same way I do when I see many of my female performing artist clients have liposuction. I felt it was contributing to the national inferiority complex American women have about their bodies. Second, I thought this looked a lot like the massage technique known as skin rolling. It was when I began to ponder my second response that lights began going off in my head. I knew massage therapy helped with muscle tone, lymphatic drainage and circulation. Even though I had a visceral objection to this plastic surgeon's dimension-loss program, at the same time I wondered if he was on to something.

On a personal note, I had been looking for something to study. I have the strong belief that for everything studied in the field of traditional medicine, there is likely a better answer on the holistic side of things. It has always been rumored that massage therapy could help with cellulite. I wanted to know for sure. My reason was simple. The alternative health field has a duty to study everything allopaths study. It is not because we need to compete with them, but because we need to open the door and expose our world, through good research, to everyone. We need to take the risk and prove that we are wrong, or right.

Does deep tissue massage have an impact on the hips and thighs? It is common knowledge that massage therapy helps with circulation, muscle tone, and lymphatic drainage. It is also known that people with lymphoedema are positively affected by Complex Physical Therapy (CPT) and Manual Lymphatic Drainage (MLD). Lymphoedema is defined as, "a chronic condition with no known cure" that "can have profound physical and psychological impact on affected patients . . . Lymphoedema is swelling, usually in the extremity, which may result from an accumulation of interstitial fluid caused by impaired lymphatic drainage."¹

There is much documentation that indicates massage positively influences lymphoedema. One of the therapeutic approaches to this is a "combination of compression, exercise, and if possible, massage."² These types of approaches are part of CPT. CPT is a "technique of manual lymphatic drainage, compression bandaging and specific physical therapy exercises."³ In the article cited, *Using Massage in the Relief of Lymphoedema*, it is stated that "Massage is one of the cornerstones of treatment"⁴ for lymphoedema. Another study, this one done at Slade Hospital in Oxford, England, showed the "effect of massage as a stimulus to lymph flow . . . local massage significantly enhanced clearance."⁵ With this information it seemed reasonable to try to discover the exact effects of deep tissue massage techniques on healthy female study participants.

The intention was to influence muscle tone, circulation, and lymphatic drainage through deep tissue massage techniques that were specific to target areas. These areas would demonstrate, or not demonstrate, that these techniques reduce dimension.



Before



After

SKIN ROLLING

Treatment



Materials and Methods

The target areas were the lower trunk and mid to upper thighs. These parts of the body were picked because of their relationship to waste elimination. In other words, these parts of the body have a lot of fatty tissue, channels and nodes, and visceral organs that eliminate waste. In addition, these parts of the body also contain some of the largest muscles in the body. Any effect on the muscle tone in these parts of the body would be clearly measurable, as would be the effects on the elimination of waste from the organs and the other tissue in these parts.

The women in this study were between the age of 35 and 50. They could not be morbidly obese and could not be sedentary in their lifestyles. They had to be people of steady habits. They could not have had a baby within three years of the study and could not have any contraindication to deep tissue massage therapy. Each went through a three-part screening process. One hundred women were selected.

After selection, the study participants committed to 20 minutes of massage 3 times per week for 6 weeks. Every fourth session, the targeted areas on the study participants were photographed. The photographs were of the fronts, the right side, the back, and the left side of the targeted areas. The study participants were weighed and measured every session. The imperial system of measurement (inches) was used for the following five measurement points:

Measurement Location

- 1 at the navel
- 2 halfway between the navel and the proximal head of the greater trochanter
- 3 at the proximal head of the greater trochanter
- 4 half the distance from the proximal head of the greater trochanter and the suprapatella on the right and left thigh
- 5 one quarter the distance from the proximal head of the greater trochanter and the suprapatella on the right and left thigh

These landmarks were identified using palpation. The controller was the weigh-in at each session. If the study participant's weight went up or down more than one half to 1 pound, an explanation was required. Also, the participant would note when she had her period or any other changes, such as diarrhea or constipation.

The massage techniques used on each participant were Tapotment, deep kneading, skin rolling, and effleurage. These massage techniques were picked because they improve muscle tone, stimulate circulation, and affect the lymphatic system. These techniques were performed at specific times during the study period and were done the same way on each study participant.



Treatment

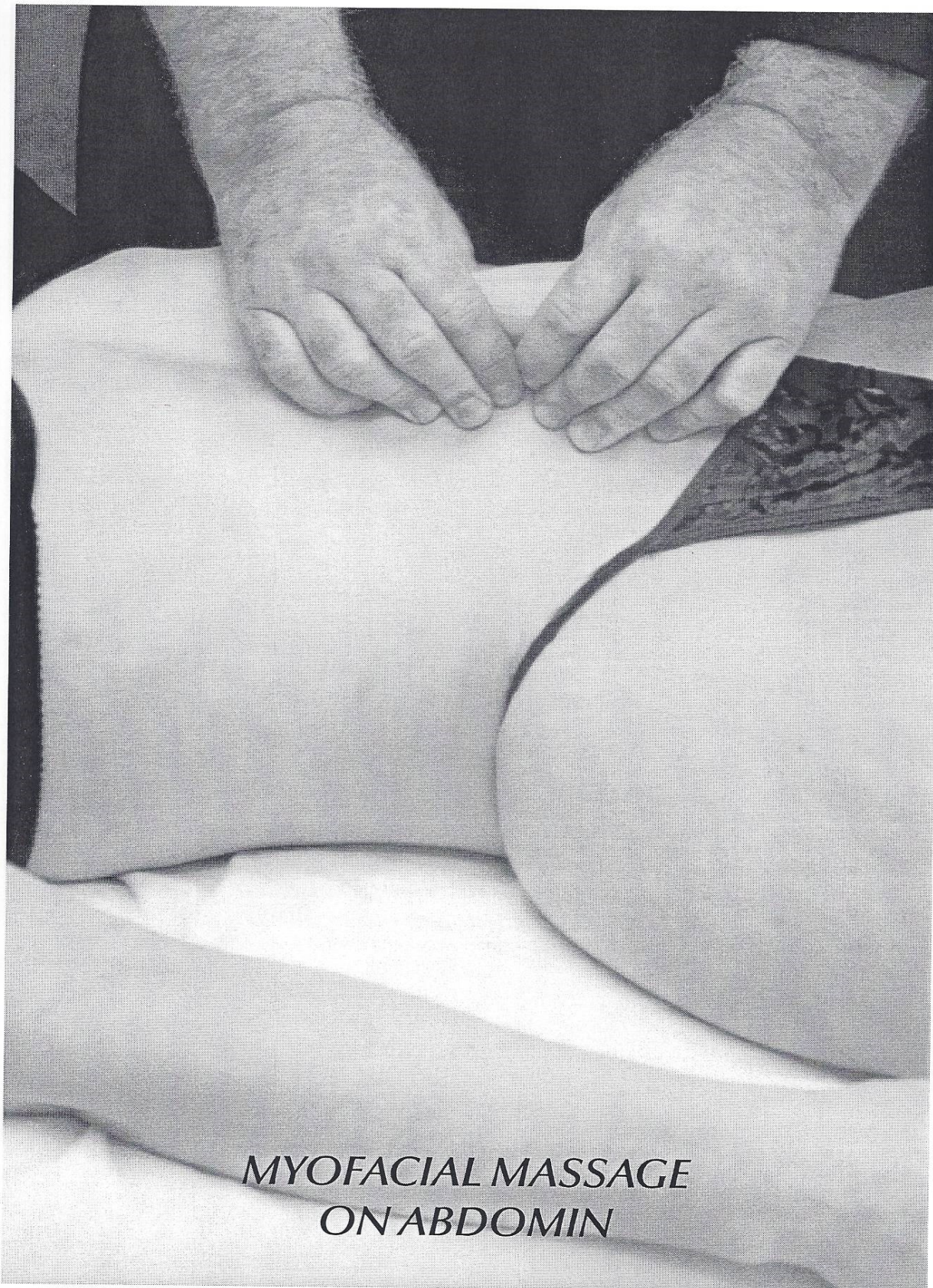
Results

The results of the study were significant. In reporting my results, however, there needs to be some qualification. First, these results are averages. Some women had changes more significant than the averages and some women less significant. Second, 5% of the study participants actually went up in dimension. It should also be noted that for the purposes of this report, I have rounded the numbers up to the nearest inch. Third, I am not noting here what age groups seemed to go up or down, more or less, and I did no follow-up after the study period was over. Also, each study participant maintained her weight for the duration of the study - 95% of study participants did not go up or down in weight more than one pound. Finally, here I am simply presenting the results of the study, and concluding with a brief comment.

MEASUREMENT	DIMENSION LOSS	LOCATION
1	3/4 inches	at the navel
2	1-1/4 inches	halfway between the navel and the proximal head of the greater trochanter
3	3/4 inches	at the proximal head of the greater trochanter
4 (right leg)	1-1/2 inches	half the distance from the proximal head of the greater trochanter and the suprapatella on the right and left thigh
5 (right leg)	1/2 inch	one quarter the distance from the proximal head of the greater trochanter and the suprapatella on the right and left thigh
4 (left leg)	1-1/4 inches	half the distance from the proximal head of the greater trochanter and the suprapatella on the right and left thigh
5 (left leg)	1/2 inch	one quarter the distance from the proximal head of the greater trochanter and the suprapatella on the right and left thigh

Eighty-six percent of the study participants lost a total of 5 or more inches.

Since the completion of the initial study, other studies have been done with a variety of age groups and study periods. The results of these new studies are similar to the initial study and reinforce the findings of the initial study.



**MYOFACIAL MASSAGE
ON ABDOMIN**



**VICERAL
MANIPULATION**

Conclusion

My conclusion is that nearly 95% of the study participants lost dimension in the targeted areas. The "why" is a subjective conclusion. My belief is that the participants lost dimension because the massage techniques used worked favorably on lymphatic drainage, muscle tone, and circulation.

Deep tissue massage does have an impact on the hips and thighs. As importantly, deep tissue massage had an impact on the attitudes of the women in the study. At the beginning of the study, many of the women were upset with the look of their bodies and were considering liposuction. By the end of the study, these study women were pleased with the results. What the women noticed was how massage made them feel. They felt better. Many of them began visiting chiropractors, naturopaths, and other massage therapists. None of these women went for liposuction. Each time one of us publishes a paper a few more people will understand the benefits associated with alternative modalities.

As a result of this research Lypossage was born. A healthy, all natural way to a better body...a healthy all natural way to a better self-image and body acceptance. Since the research was completed in 1998 Lypossage has been growing at a dramatic rate across the United States as a great alternative to body contouring machines. And while the body contouring machines work, Lypossage appeals to the client who prefers a hands on approach.

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EXPLORING TODAY'S TOUCH THERAPIES

Massage

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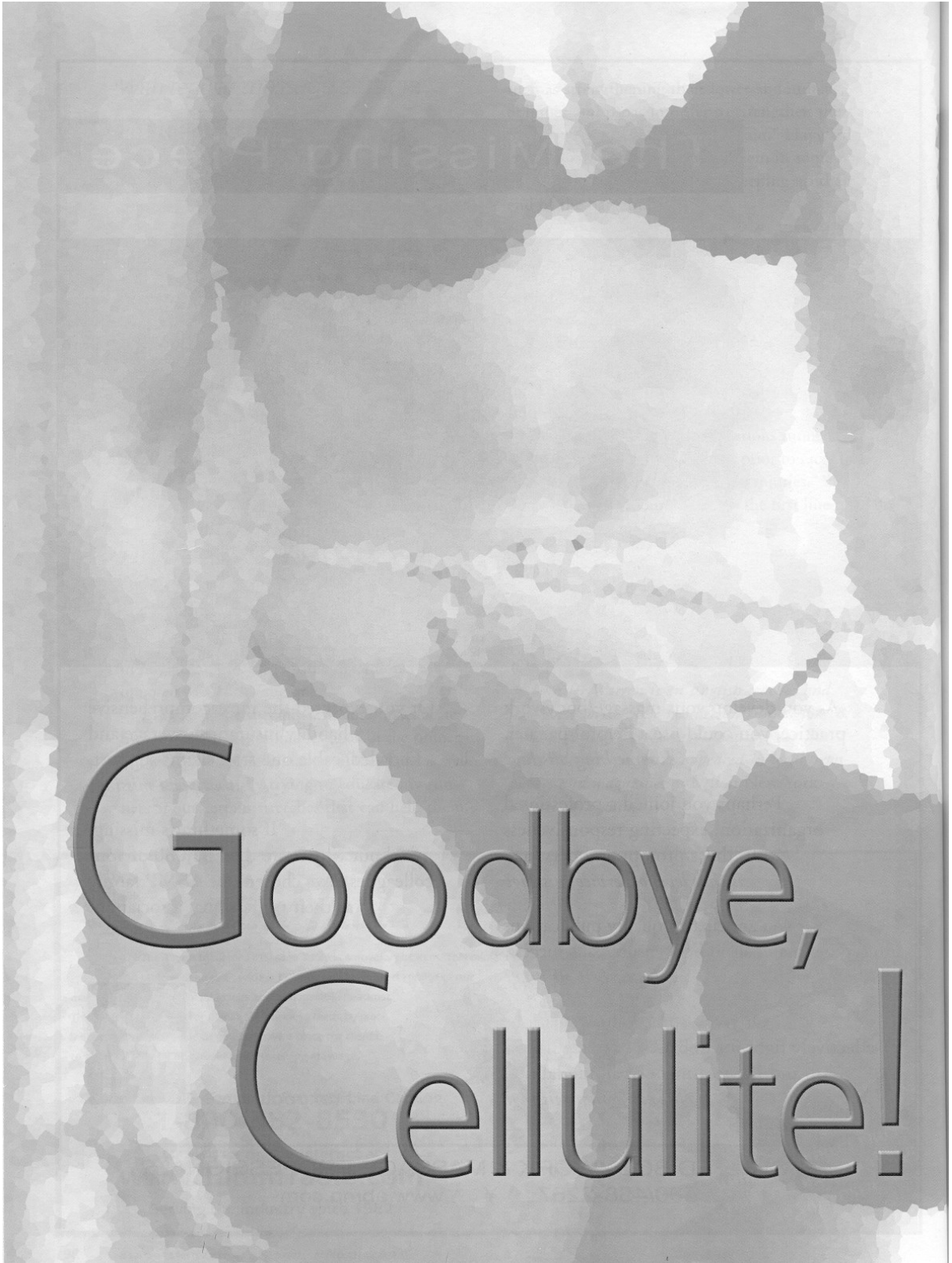
KEEPING RUNNERS ON TRACK
Sports Massage's Impact

COMMUNICATION:
6 Keys Empower Your Session

THORACIC OUTLET SYNDROME
Techniques Bring Relief

LYPOSSAGE
Goodbye Cellulite!





Goodbye,
Cellulite!

A new hands-on
technique that is
quickly gaining
in spa popularity,
Lypossage reduces
unwanted fat deposits.

BY MELINDA M. MINTON

PHOTOS BY LAURETTE F. KLIER

It is widely accepted that massage therapy aids circulation, muscle tone and lymphatic drainage. A much more controversial topic is the effect that massage has on cellulite and unwanted inches. ♦ Almost all women have cellulite. The culprits are genetic predisposition, hormonal changes, weight gain, inactivity and pregnancy. These factors cause the fat cells in the subcutaneous fat layer to increase up to 300 times their original size and stick together inside the pockets in which they are enclosed. Cellulite formation begins in puberty. As we age, tissues in certain parts of our bodies break down, particularly the layers of fat and connective tissue in the buttocks, thighs and abdomen. Dieting and weight loss won't necessarily decrease cellulite.

Can specific forms of massage assist with these problems? Does deep-tissue manipulation help to reduce water retention or break up fat pockets? In short, can non-invasive techniques end the lumpy, bumpy, cottage-cheese thighs and tummies that plague so many women in our society? According to one massage therapist and the growing number of clients and bodyworkers who have experienced his technique, the answer to all of the above is: Yes.

Developing the technique

Lypossage is a 2-year-old, all-natural, hands-on technique developed by Charles W. Wiltsie III, L.M.T., N.C.T.M.B. Wiltsie has taught ethics courses to male massage therapists; business courses to bodyworkers; massaged a number of star athletes; and developed the Wiltsie Massage Technique, which works on enhancing vocal performance. He's also run a massage practice, Alternative Health Services and Swedish Bodyworks, for 13 years in Haddam, Connecticut.

While watching the news one night Wiltsie saw a health segment about a new technology that claimed to help people lose inches without having to lose weight. What he didn't know was that he was watching a program about the

*Ninety-five percent
of the participants
studied lost dimension
in the targeted areas.*

Endermologie system that had been showing up in spas across the country.

Wiltsie began wondering if manual deep-tissue massage could achieve the same results as the Endermologie machine. After doing some preliminary research in 1998 he devised a study of the efficacy of a combination of deep-tissue massage, lymphatic drainage and principles of structural integration—all together which he called Lypossage—on cellulite.

For the study, 100 healthy women received Lypossage on targeted areas, primarily from the navel to the lower thighs—the part of the body that has a lot of fatty tissue and visceral organs that eliminate waste. This area also has large muscle groups. Using methods similar to Rolwing and myofascial release, the goal was to loosen the thick



Left, before the Lypossage session series. Above, after the Lypossage session series. Research participants who received 18 20-minute sessions three times a week for six weeks lost an average of 1.23 to 1.5 inches on each thigh. The technique also smoothed areas affected by cellulite, and reduced abdominal fat. Participants also reported an improved sense of self-esteem after completing the series.



Skin-rolling on the buttocks.

Overall, participants experienced an average loss of 1.25 to 1.5 inches on each thigh. Seven clients scheduled for liposuction never had it done. Lypossage smoothed areas affected by cellulite. Dimensions of the thighs and stomach were reduced, collectively, by up to 7.5 inches.

The spa industry began approaching Wiltsie, wanting to know more about his new technique—especially since he had discovered a way to get the results advertised by the Endermologie equipment, which costs \$25,000-35,000, without breaking the bank.

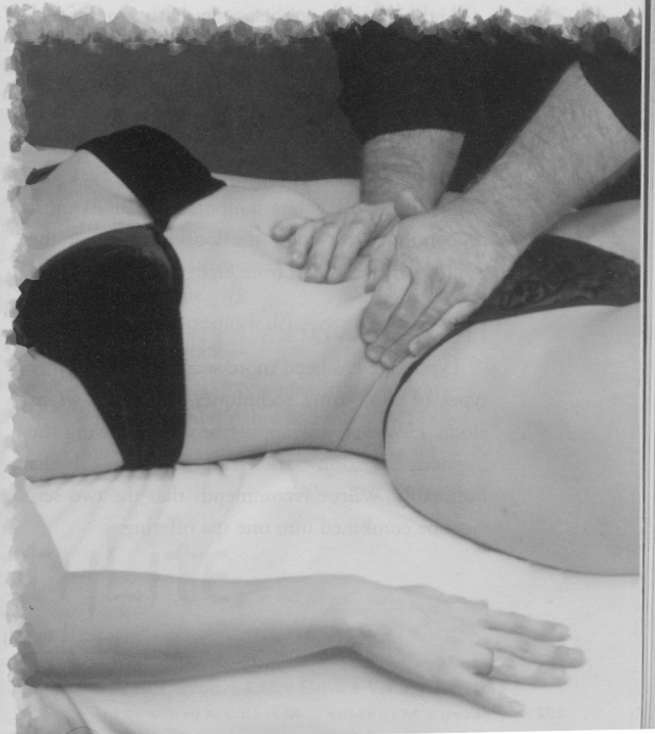
Hands-on vs. machine

But is Lypossage the same as Endermologie? Yes and no. The effect on dimension change and cellulite reduction can be the same. But Lypossage, which works through an extremely precise combination of deep-tissue and lymphatic-drainage modalities, offers the added benefit of structural integration-type results.

layers of collagen around the fascia and reposition or elongate the posture of the client. The same strokes were used on the same parts of the body for each woman.

The study participants received 20 minutes of massage, three times per week for six weeks. Photographs were taken of the target area every fourth session. The participants were weighed and measured before every session. Physical changes like menstruation, constipation and other factors were recorded. The same strokes were used on the same parts of the body for each participant.

After the study was completed, in 1998, the results showed progress by most of the participants. Ninety-five percent of the participants studied lost dimension in the targeted areas. Five percent of the participants increased in dimension rather than decreased. Ninety-five percent of the participants did not fluctuate in weight. Similar studies have since been conducted with roughly the same conclusion.



Wringing the abdominals.



Myofascial work on the low back.

Wiltse said that the Lypossage strokes are a bit more structurally based than the typical massage.

"I would actually describe the practical application of Lypossage as somewhere between Rolwing, structural integration and myofascial release," he said. "Many clients are initially a bit shocked with the rigor of some of the strokes. After they have had two or three sessions, though, they become accustomed to the technique. Some clients even fall asleep during their last few sessions."

And Lypossage can be an alternative to liposuction, Wiltse said. "I have had clients who wanted to go for liposuction come in for an 18-session Lypossage series and decide against the more invasive choice," he said.

It should be mentioned, however, that the results of Lypossage are temporary. Sessions must be continued to renew the look and feel of the results, which can last from eight months to a year.

How it works

Lypossage has been more successful than other types of contouring techniques, like body wraps alone. However, a wrapping session following the Lypossage session series can accelerate results noticeably. Wiltse recommends that the two services be combined into one spa offering.

"You can integrate Lypossage into your existing therapy program so easily. We are selling the \$1,800 Lypossage series and clients are happily adding a \$700 series of contouring wraps on top of it," explained Peggy Wynne Borgman, spa director at Preston Wynne Spa in Saratoga, California.

"As spa marketers, we're always looking for the next big thing, a treatment that creates excitement, but has real benefits and real staying power. That is exactly what we found in Lypossage," Borgman said.

With a facility training package, your spa or massage clinic can become licensed in Lypossage. As an individual practitioner you can also take part in training. Training sessions are conducted around the country, at your facility or at Wiltse's practice in Haddam. The training is a series of lectures and hands-on practice offered only to massage therapists.

The training is broken into two parts: "Body Zone One," from the navel up; and "Body Zone Two," from the navel down. The two parts are



Wringing the thigh.



Effleurage of the leg.

Dee Dee Lock, a massage therapist at Caress day spa and massage clinic in Capitola, California, completed the training and recently introduced Lypossage into her repertoire of services.

"It's still not very well-known, so we haven't done a lot of it," Lock said. "Clients who have experienced the series of [sessions], however, have been pleased with the results."

The Caress staff takes a picture of the client at the beginning of the first session and then at the end of the series. "I don't think that clients notice a great initial difference. Somewhere about halfway through the 18 treatments they seem to really start to notice a change in the texture and tone of their lower body and abdominal region," said Lock. She thinks that therapists should approach Lypossage, body wraps, Endermologie and similar therapies with a straightforward, honest approach.

"This kind of work isn't instantaneous. Actually, a great deal of accomplishing health and enhanced appearance is from the inside out," Lock said. When combined with diet and exercise, however, Lypossage can yield tremendous results.

Client Kate Fields recently finished a Lypossage series with Wiltsie. "I'm incredibly pleased with

divided because most of the work is done on the lower trunk and extremities of the body. The entire module can be completed in four days; you will have the opportunity to give and receive Lypossage.

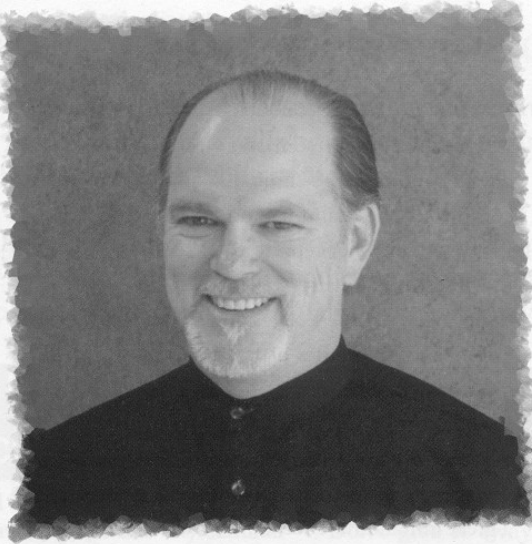
Endermologie: What It Is

Endermologie is a patented machine technology that offers results similar to those of Lypossage. The device, which originated in France about a decade ago, was originally created for physical therapy, and only later was found to reduce cellulite. It uses a strong suction hose attached to motorized rollers to pull and manipulate the dimpled skin around the thighs and stomach. In this therapy there is very little to no manual application of massage stroking.

Most doctors disagree on what causes cellulite to form in the first place, much less if Endermologie works. The FDA has agreed that the Endermologie manufacturer LPG Systems could claim that its product results in "temporary reduction in the appearance of cellulite." This labeling, however, only came after a fight between LPG Systems and the FDA over the wording of the effectiveness.

At the Carillon Clinic in Minneapolis, paramedical esthetician Kelly Luthers sees Endermologie as an ongoing treatment. "Endermologie is a lot like exercise. You can go a while without it while maintaining the toning benefits. After a few months of not partaking in Endermologie, however, you will begin to notice a change in the overall appearance of the area that was treated," she said.

—MELINDA M. MINTON



Charles Wiltsie, developer of Lypossage.

left me feeling renewed, energized, alive. I was compelled to set physical fitness and nutritional goals that were beyond my initial plans," she said.

With the series over, Fields has settled into monthly massages, occasional body wraps and a new routine of self-care. "The entire process hasn't just transformed my thighs," she said, "it has truly enhanced my attitude toward life." M

*For more information, visit www.lypossage.com, or see *Four Seasons of Inner and Outer Beauty: Rituals and Recipes for Well-Being*, by Peggy Wynne Borgman, 2000, Broadway Books.*

the results," she said. "Everything feels tighter, smoother and more supple. The massage modality is rigorous and athletic."

Fields thinks her appearance began to change after the first four sessions. "The treatments really

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