

Your body is your garden - it requires continued maintenance and care to cultivate the optimal results

YOUR INITIAL INVESTMENT

- 0 Pre Surgery \$95 per session**
- 0 Post Surgery \$109 per session**
- 0 5 Treatments \$505 (save \$40)**

MAINTENANCE

The treatment prices are determined based on individual requirements

- 0 Remedial Massage**
- 0 Manual Lymph Drainage (MLD)**
- 0 After 4 weeks: LPG Endermologie**
- 0 After 8 weeks: Regen 3rd generation Tripolar RF**

We also offer Gift Vouchers for treatments

CANCELATION POLICY

Please ensure that you are punctual. In order to respect the scheduled appointments of all clients, latecomers' treatments must be shortened so that they finish at the scheduled time. The full treatment fee will still apply.

24 hours cancellation notice is required for all appointments. If insufficient or no notice is given, a cancellation fee will be charged.

We are committed to help our clients before and after surgery to facilitate and improve healing. Before surgery, the body needs to prepare for the post-surgery healing process, helping to regenerate damaged tissue, cut lymph vessels and heal any surgical trauma.

Interactive Therapies can offer the needed support for pre surgery preparation and post surgery healing.

Both are of equal importance.

Catherine Arnault, founder of the Interactive Therapies Centre, is an internationally trained health practitioner with 30 years experience in pre and post-surgery care. Catherine and our team of therapists have comprehensive training and experience that cover a wide range of therapeutic techniques, including manual lymph drainage and remedial massage.

The Interactive Post Surgery Care Centre provides outstanding services and care tailored to your individual needs in order to improve your total wellbeing and physical appearance.



Monday - Friday: 9am - 6pm

Saturday: 10am - 4pm

Ph: 09 302 0002

Email: info@lymphenergy.co.nz

Level 1, 60 Parnell Rd, Parnell, Auckland

www.interactivehealing.co.nz



Interactive
Post-surgery
Therapies care centre



Prepare your body before surgery and heal after surgery

Safe integration of complementary medicine to help restore your optimal quality of health, improve your physical appearance, and maintain total body wellness

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PRE SURGERY

For optimal healing results your body should be well prepared before surgery

Treatment should be provided one day prior to surgery or on the day if possible.

Massage Therapy

A preventative and restorative treatment that promotes relaxation, relieves tension and increases both circulation and detoxification. It helps mitigate the impact of surgery on the body and promotes the healing process.

o Manual Lymph Drainage (MLD)

A unique therapeutic method of stimulating fluid movement in the tissues through gentle, rhythmic strokes. It facilitates lymph circulation and relaxes the nervous system. It's very important for pre and post surgery treatment.



Effects of Manual Lymph Drainage

MLD stimulates lymph vessel contraction, facilitating drainage of the connective tissue and helps to drain the lymph back to the main circulation system. It also boosts the immune system.

Benefits of Pre-Operative Manual Lymph Drainage

Doctors and anaesthetists report that pre-surgical MLD creates very favourable healing results by relaxing the nervous system and preparing the inner milieu (environment). The experience will also help you enter surgery with a peaceful mind.

POST SURGERY

The body should be nurtured following surgery to aid the healing process and cultivate the best results

Treatment provided from day one following surgery or three days afterwards depending on the type of surgery.

Post Operative Benefits

o Manual Lymph Drainage (MLD)

During surgery, blood vessels are cut and lymph vessels can be damaged. Red blood cells and large molecular material must be drained via the initial lymph vessels under the skin. In post surgery applications, MLD drains the oedema (swelling) and haematoma (bruise) developed during the operation, alleviates pain, regenerating broken lymph vessels, facilitating the tissue repair process, preventing unnecessary fibrosis and improving scar healing. Think of MLD as resetting the body after surgery.

o Lymphostar Pro

Helps detoxify the lymph system and clear inflammation and pain.



o Deep Oscillation

Promotes immune function through enhancing manual drainage efforts by over 90%.



WHY CHOOSE US?

Why choose Interactive Therapies for your next treatment?

We are dedicated to providing our clients with the highest standard of treatment and care. We aim to achieve this by employing a wide variety of techniques, allowing us to tailor our treatments to each individual's particular needs. All our treatments provide one-on-one attention and care with a hands-on emphasis, and each pre and post surgery treatment is further enhanced by the following techniques as required.

o BIOPTRON Light Therapy System

Acts in a natural way by supporting the regenerative capacity of the body and thus promoting the body's own healing potential.

o Soft Laser Therapy

An excellent therapy for regeneration of nerves, muscles and lymph vessels, particularly important for post-surgery and radiotherapy scar tissue.

o Cyclo-Massage

A three dimensional motion therapy that creates a gentle, deep and penetrating therapeutic action, easing muscle and joint pain and improving circulation.

o Kinesio Tape Application

A rehabilitative application of specially designed tape that alleviates pain and swelling, and facilitates lymphatics drainage through lifting of the skin.

o Endermotherapie

An effective technique that provides drainage, and helps to prevent post-surgical seroma.