

# How Lymphatic Drainage Cream Can Improve Your Health

Did you know that applying lymphatic drainage cream to different areas of your body can help improve your health?

Your lymphatic system measures over 100,000 km in overall length and plays a significantly powerful role in how good you feel on a day-to-day basis. When congested, it places an increased burden on your skin as it tries to deal with this build-up and in turn contributes to inflammation, poor complexion, and other skin problems.

Your lymphatic system also works with the circulatory system to deliver nutrients, oxygen, and hormones from the blood to the cells that make up the tissues of your body. Your lymph also transports fatty acids and fat-soluble nutrients from the digestive system for absorption into your blood vessels. Hormones and proteins that cannot make it automatically into the blood must travel via your lymphatic system before they can be utilised.

This is where Chelsey Jean Drainage Creams come in. By applying them in combination with my massage gloves, sprays, sponges, and sequenced lymphatic flow, you will promote better lymphatic system movement and thus help improve your health!

What Lymphatic Drainage Creams Do We Offer?

Our team here at Chelsey Jean is proud to offer you the highest quality naturopathically formulated lymphatic drainage creams designed and developed for a happier and healthier you.

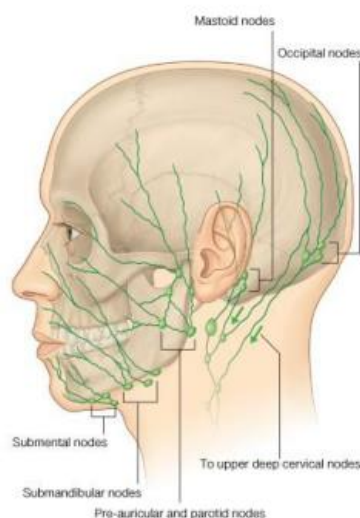
The Chelsey Jean FACEbiotics Cream

Created to deliver a powerful, anti-aging, and glymphatic face moisturiser all in one, the combination of signature ingredients of Hyaluronic Acid (to help skin stretch and flex and reduce skin wrinkles and lines), Bilberry (to remove redness and swelling in the skin), Aloe Vera (to help moisturise and soothe the skin), and Lactococcus Ferment Lysate (to restore the acid mantle of the facial skin and protect against the aging effects of free-radical damage), The Chelsey Jean FACEbiotics Cream is all you need to feel smooth, fresh, and confident in your own skin.

The Chelsey Jean LymFATics Cream

# Lymphatic drainage

- **Lymphatics in the occipital region** initially drain to occipital nodes then into the upper deep cervical nodes.
- **Lymphatics from the upper part of the scalp** drain in two directions:
  - 1- Posterior to the vertex: to posterior auricular nodes (**mastoid nodes**) then into the upper deep cervical nodes;
  - 2- Anterior to the vertex: to pre-auricular nodes (**parotid nodes**).
- **Lymphatics from the forehead** to the submandibular nodes through efferent vessels that follow the facial artery.



Move fat by detoxifying and draining your lymphatic system with our naturopathically formulated LymFATics cream. Our studies show that this is the most effective at-home way to move lymph that may be blocked with toxins accumulating in fat cells that are causing your body to be frustrated. This 500ml kit combines a powerful essential oil and mineral blend moisturising cream which supports lymphatic detoxification and drainage, alongside boosting circulation and supporting skin health.

The Chelsey Jean Lymphatic Massage Cream

A lightweight cream designed to move the lymphatic system as well as replenish and repair the skin, the use of a powerful combination of ingredients that have been shown individually to support skin health, circulation, lymphatic, scar healing, and hydration, The Chelsey Jean Lymphatic Massage Cream has been designed to boost your lymphatic health when used in conjunction with our signature Chelsey Jean Massage Gloves.

Here at Chelsey Jean, we strive to provide you with products and services that incorporate my over 20+ years of experience as a sports therapist, coach, and naturopathic practitioner, drawing from all the best bits of sources I have used and found effective. This has allowed us to create a fully customisable health protocol for each of our clients, designed and developed by yours truly, Chelsey Jean, the Lymphatics Queen.

If you want to feel in control, full of energy, happy and healthy, and perhaps shift a few kilos of stubborn weight in the process, the answer could be in my lymphatic drainage creams in combination with my massage gloves, sprays, sponges, and sequenced lymphatic flow. So, what are you waiting for? Try my Chelsey Jean Lymphatic Drainage Cream today.

For more details please check <https://chelseyjean.com.au/>.

Information source: [https://en.wikipedia.org/wiki/Manual\\_lymphatic\\_drainage](https://en.wikipedia.org/wiki/Manual_lymphatic_drainage)