66 - ASSOCIATION OF MODELING MASSAGE WITH MANUAL LYMPHATIC DRAINING IN AESTHETICS

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INTRODUCTION

The beauty and esthetics market is one of the fastest growing in Brazil and in the world. With this, many clients look for beauty centers in search of health, beauty, well-being and relaxation. (SEBRAE, 2017)

The aesthetic treatments, has been much sought after especially by women, in the search for a body considered adequate to the standards imposed by the media. (PAULA, 2007)

In this sense, the demand for massages of the most diverse techniques, among them the so-called modeling and reducing massages with the objective of improving the corporal contour also grows. (TACANI and TACANI, 2008)

According to Arantes apud Pereira (2013) the modeling massage is derived from classic massage, with greater pressure, rhythm and more intense speeds. Its purpose is to aid in body modeling through the intense mobilization of the deeper tissues (adipose and muscular tissue). The maneuvers used are basically: sliding, kneading and percussion in the regions of the upper limb (arms), abdomen, thighs, knees and buttocks.

Guirro and Guirro (2006) cite the benefits of modeling massage: increased local blood circulation, increased local lymphatic circulation, increased oxygenation and local nutrition, decreased adherence, improved tissue extensibility, increased tissue flexibility, improved visceral functions , improvement of the permeation of assets, stimulation of production of sebaceous secretion.

Another very sought after technique in clinics, studios, SPAs and aesthetic centers is manual lymphatic drainage (DLM). The DLM is composed of two categories of maneuvers: evacuation and capture. Evacuation is a process that occurs in the lymph nodes, which receive the confluence of the lymphatic collectors and the capture is performed directly on the swollen segment, aiming to increase the captation of the lymph by the capillaries. The maneuvers used are: spiral, pumping and bracelet. (PEREIRA, 2013)

Because it does not produce superficial arteriolar dilation (hyperemia) and because it uses very soft manual pressures (up to 30 to 40mmHg) and slow this technique differs from other massage methods, especially classical massage. (TACANI & CERVERA, 2004).

According to this information the objective is to research on physiological effects and association between massage and drainage in a single session of care.

METHODOLOGY

This is a review of the literature, with a temporal cut from 2004 to 2018, in national and international journals, selected in the databases SciELO, LILACS, EBSCO host, and PubMed / Medline, Google academic. Based on the Descriptors in Health Science (DeCS) and its correspondents in the English language (MeSH), the following keywords were crossed: massage, drainage, lymphatic system through the "and" operator.

The search strategy will be used in reference books to complement the research, offering support to the concept and its applicability, considering that this approach is configured as recent.

It will include publications of the last 13 years, in Portuguese and English, on modeling massage and manual lymphatic drainage. Longitudinal studies, randomized and non-randomized, double-blind, comparative, morphofunctional, experimental, cross-sectional, and bibliographic reviews will be included. Academic theses or dissertation abstracts and course completion papers will be excluded.

The information obtained from the studies that were part of the sample will be analyzed qualitatively and presented in tabular form, with the following descriptions as characteristics: author, title, objectives, method, results and conclusion.

RESULTS AND DISCUSSION

Twenty-eight studies were found, 13 of which met the inclusion criteria: 7 were clinical studies in humans that tested the efficacy, 1 comparative clinical study of the techniques, 2 were case studies, 3 bibliographic reviews of the techniques and their concepts.

Table 1 - Studies of lymphatic drainage and modeling massage and its main results

Author and year	Title	Objective	Methods	Results	Conclusion
Godoy and Godoy (2004)	Manual lymphatic drainage: new concept.	To verify in the literature the effectiveness of lymphatic drainage by rollers.	Method validation article.	The new technique suggests the elimination of of the conventional technique and determines the use of movements, such as continuous rollers that follow the direction of the lymphatic flow, following the rules of the hydrodynamics, anatomy and physiology of the lymphatic system.	It is an effective technique, recommended in short for treatment of lymphedema, but provided that lymph nodes are carefully manipulated, since once they are manipulated in the wrong way they can be injured.
Braun and Simonson (2007)	Massage Therapy	Identify and define the circulatory system and lymphatic system.	Book	Know the systems and define in which of them each massage acts	It was observed that the modeling massage acts in the circulatory system promoting mobilization of tissue, since the manual lymphatic drainage acts in the lymphatic system promoting mobilization of liquid.
Silva; Costa; Gonzaga and Carvalho (2009)	Analysis of the effectiveness of modeling massage in the abdominal region of healthy women.	To analyze the effectiveness of modeling massage using products with and without active dermatological principles for localized fat in the reduction of measurements in the abdominal region of healthy women	Clinical research	10 volunteers divided into 2 groups, one with modeling massage performed with neutral cream and another group with cream of lipolytic active principles. Both groups had a reduction of localized fat and abdominal perimetry, but the group with lipolytic products had a reduction.	The modeling massage was effective in the perimetric reduction of the abdominal fat, being potentiated with dermatological assets
Tacani, Machado, Souza and Tacani (2010)	Effect of classic aesthetic massage on localized adiposities: a pilot study.	To verify the effect of aesthetic massage on localized adiposities.	Practical article.	Action of aesthetic massage in adipose tissue.	It is concluded that the aesthetic massage has action in the reduction of perimetry.
Nakamura; Vanini; Chingui and Silva (2010)	Evaluation of cardiovascular repercussions Of manual lymphatic drainage in women Elderly	Check the effect of In the circulatory system in elderly women, through hemodynamic and electrocardiographic repercussions.	Clinical research	Blood pressure pre-DLM systolic was 126.07 ± 2.57, it was 125.83 ± 4.02, and the diastolic before was 76.42 ± 6.33 and after 77.7 ± 4.34. The pre-DLM frequency was 76.42 bpm and after, there was a drop to 72.35 bpm. The perimetry also decreased: the pre-DLM was 112.13 ± 12.5 cm and in the post DLM was 95.32 ± 10.38 cm, with respect to the lower limb, measurement was 53.2 ± 1.15cm and the post-DLM measurement was 49.7 ± 1.11.	It is concluded that DLM is an efficient method in reduction in edema and does not cause changes in BP and HR patients.
Bayakci; Akbayarak; Bakar; Kayihan; Ergun (2010)	Effects of classic massage, modeling massage and manual lymphatic drainage in women with cellulitis.	To evaluate and compare the efficacy of three different noninvasive techniques on fat mass and regional fat thickness (thighs) in patients with cellulitis.	Clinical research	60 volunteers divided into 3 groups of 20, where each group received one of the techniques. All groups decreased circumference, fat decreased more in patients who received the modeling massage, followed by patients from lymphatic drainage and no difference with classical massage.	All treatment techniques are effective in decreasing the regional fat values of patients with cellulitis.
Nessi; Silva; Pugliesi; Huarachi (2012)	Benefits of Modeling Massage in Overweight Women.	Investigating the physiological benefits of modeling massage in women overweight in one session	Clinical research	The authors verified that the modeling massage promotes increased diuresis, the mean increase was 287ml, and one volunteer reached 900ml more. There was a change in the perimentia: they reduced all measures of the abdomen and thighs, the measurements increased in the buttocks, which proves that the technique models the body contour. It was also observed that the technique interfered positively in the self-esteem, and in the perception of the cutaneous aspect.	The modeling massage technique produces beneficial effects in just one session, mainly improved self-image and fluid mobilization. It is an important technique to be inserted in plans of slimming, because it offers visual changes in the corporal contour
Mozoni and Pinheiro (2012)	Study of the effects of modeling massage on localized fat reduction	Check if the possible influences of modeling massage offers reduced fat locates	Study of case	After 5 sessions, a 41-year-old female presented improvement of the cutaneous aspect, texture, the fat was softer and malleable, thermography showed increased local temperature by the activation of the circulation and there was a reduction of the circumference.	The authors suggest more studies and suggest that the session be done at least twice a week for the technique to present better results.
Mozoni and Pinheiro (2012)	Study of the effects of modeling massage on localized fat reduction	Check if the possible influences of modeling massage offers reduced fat locates	Study of case	After 5 sessions, a 41-year-old female presented improvement of the cutaneous aspect, texture, the fat was softer and malleable, thermography showed increased local temperature by the activation of the circulation and there was a reduction of the circumference.	The authors suggest more studies and suggest that the session be done at least twice a week for the technique to present better results.
Martini, Ober, Bartholomew; Nath (2015)	Anatomy & Physiology	Definition of subcutaneous tissue (adipose tissue).	Book	Know the subcutaneous screen and define the action of modeling massage on the tissue.	We conclude that modeling massage acts on the subcutaneous tissue.
França; Akatsuka; Leal; Figueiredo; Oliveira; Andrade (2016)	Efficacy of the modeling massage technique to reduce adiposity and fibrous genoid edema	To verify the effect of the modeling massage technique on localized adiposities and the reduction of fibrous genoid edema	Clinical research	The modeling massage promoted skin improvement (firmness and cutaneous harmonic relief).	In 80% of the reviewed articles the modeling massage was effective, reduced localized fat, activated circulation and improved the appearance of cellulite.
Santos (2016)	Anatomy and Human Physiology	Identify and define the circulatory system.	Book	Know the system and define in which of them each massage acts.	It was observed that the modeling massage acts in the circulatory system promoting mobilization of tissue, since the manual lymphatic drainage acts in the lymphatic system promoting mobilization of liquid.
Machado; Nogueira; Leão; Santos; Pinheiro and Oliveira (2017)	Benefícios da Massagem Modeladora na Lipodistrofia Localizada	Avaliar a ação da massagem modeladora na redução da gordura localizada resistentes à atividade física e alimentação balanceada	Pesquisa Clínica	2 volunteers received 8 sessions of modeling massage, physical activity practitioners 3 x per week and with balanced diet accompanied by nutritionist for at least 1 year. There was reduction in all massaged abdomen, mainly the infra-umbilical region.	Modeling massage is a technique effective in the treatment of localized lipodystrophy and its effect is potentiated when performed with lipolytic products.
Camargo; Borghi; de Souza; Marcorin, et al. (2018)	Acute Effect of Manual Lymph Drainage on Natriuresis and Lipolysis of Young Women	. To evaluate the acute effect of DLM on natriuresis and lipolysis of young women using oral contraceptive	Clinical research	DLM increased sodium clearance in non-contraceptive patients and young women using ACo had increased urine output suggesting that the acute effect of the technique interferes with composition of urine, promoting natriuresis. Only the MACO group, which presents higher concentration of estrogen, there was greater excretion of ANP and urinary glycerol.	There is an important acute effect with a DLM and the use of oral contraceptives, interferes in this effect by acting on natriuresis.

The heart is part of the circulatory system, acts as a pump that boosts blood circulation acting in conjunction with the lymphatic system and its vessels. The blood and lymphatic vessels have as main function of transport. They carry liquids (blood and lymph, respectively) to all cells, tissues, organs and systems with various substances responsible for the functioning of the whole body: hormones, nutrients, gases, neurotransmitters, enzymes, metabolic residues, etc. In addition to specialized cells such as erythrocytes, lymphocytes and other cells of immunity (SANTOS, 2014; MARTINI, OBER, BARTHOLOMEW, NATH, 2015).

The lymphatic system, unlike the blood the lymphatic system acts unidirectionally and not cyclically, with the lymph conductors draining the lymph from the intercellular spaces to the venous current through the lymphatic vessels respecting the lymphatic flow. Valves prevent reflux and are part of the contractile structure of the lymphatic vessel (GUIRRO and GUIRRO, 2006; BRAUN AND SIMONSON, 2007; GODOY; BUZATO et al, 2012).

Women are prone to slower blood flow and fluid retention due to the hormone estrogen. In addition, low sensitivity of lipolytic hormones with high α-adrenergic receptors (responsible for inhibition of lipolysis), facilitating fat deposition and increasing cell size. The adipose tissue presents functions as thermal insulation, energy reservoir, body surface model, absorbs shocks. Some regions accumulate more because they are more metabolically stable and resistant to lipolysis, such as the abdomen and the femoral region. (Braun and Simonson, 2007; Camaro, Borghi et al, 2018)

Increased cells press vessels and compromise microcirculation of the subcutaneous tissue, favoring edematous infiltration and formation of cellulite and fat deposits (BORGES, 2006; FRANÇA, AKATSUKA et al., 2016).

The use of the oral contraceptive pill interferes directly by potentiating this effect, promotes fluid retention, which interfered directly by reducing drainage effectiveness in the work conducted by Camargo, Borghi, Souza and Marcorin (2018).

This set of vascular and metabolic changes and weight gain causes aesthetic changes to appear and women think they have simply gained weight. Massages promote the mechanical movement of liquids, thus increasing the mobilization of fat, offering vital ingredients to the removal of residues, and stimulating the autonomic and visceral functions (NAKAMURA, VANINI et al, 2010; MACHADO et al., 2017). .

The techniques are completely different, Bayakci (2010) as well as Santos (2016) cites that modeling massage acts in the circulatory system promoting tissue mobilization, since manual lymphatic drainage acts in the lymphatic system promoting fluid mobilization.

According to Tacani (2009), the greater demand for aesthetic treatments is by women who probably have hormonal and behavioral changes that can cause weight gain, volume and body contour changes.

The two together with active ingredients, such as Asian centella, horsetail, caffeine and Brazil nuts, present potentiated and more satisfactory results (SILVA; COSTA; GONZAGA AND CARVALHO, 2009).

The modeler is performed with rapid movements, with moderate pressure and has a thermogenic, detoxifying, lipolytic, diuretic, vasodilating effect, improving microcirculation and venous return (MACHADO, NOGUEIRA et al, 2017; NESSI, SILVA et al., 2012).

Lymphatic drainage (LMD) displaces lymph and interstitial fluid by pressure difference. It begins with the stimulation of the lymph nodes (lymph nodes) and then movements to drain the lymph. Godoy and Godoy (2004) warn of the careful and extremely gentle manipulation of the lymph nodes, any further pressure can injure them. Only lymph node evacuation is able to stimulate the entire lymphatic system (Williams, 2010).

Capelato (2016) reports on the possible association of manual lymphatic drainage techniques and modeling massage, the author firm perform the two techniques associated in the same session, but does not cite any scientific literature based on this procedure.

The modeling massage was effective in all the studies reviewed, stimulated diuresis (NESSI; SILVA et al., 2012) as well as lymphatic drainage. Nakamura, Vanini, Chingui and Silva (2010) tested drainage in the elderly, it reduced blood pressure and edema and did not alter heart rate.

However, by manipulating the subcutaneous tissue vigorously, the pressure limit should be respected, because when performed in the wrong way Tacani and Tacani (2008) found, serious clinical complications such as: bruising, subcutaneous fat necrosis and intense pain.

It is common for the female population to classify edema only as fat, which contraindicates modeling massage. This was the case treated by Godoy, Buzato et al. (2012), what the patient considered as "fat" was actually lymphatic stasis, drainage was performed and this aided in reducing the volume and perimetry of the lower limbs.

In addition to improving subcutaneous tissue offering uniformity in relief, increased elasticity, gloss and luster, improve local circulation. However,

The techniques act on the reduction of measures by reducing the retention of liquid and promote a clinical and visual improvement of the skin in general (BAYAKCI et al., 2010).

The reduction in body weight promised in the protocols of the current "certified methods" for Tacani, Machado, Souza and Tacani (2010) is possible due to the stimulus to the elimination and prevention of accumulation of liquids, since none of the techniques has lipolytic action, but has action diuretic. For weight loss is necessary low calorie intake and increase energy expenditure through physical activity.

A detailed anamnesis is essential and from this, it is necessary to define the protocol, whether or not we can associate several techniques (CAPELATO, 2016).

It is not possible to perform the two complete techniques in the same session (Bayakci et al., 2010), as well as not to perform drainage movements and then the modeling movements.

Unfortunately all authors cite the lack of scientific material with valid and reliable methodologies. The commercially available methods are not scientifically based despite being practiced by several professionals. It is understood the need of elaboration of clinical researches that prove the effectiveness of them.

After researching the anatomy, physiology and pathophysiology of the lymphatic system and adipose tissue, both techniques are beneficial, it is suggested as a protocol of association the sequence: lymph node evacuation, modeling massage maneuvers ending with linear movements of Godoy, Godoy and Godoy (2017).

Finding a possible association respecting physiology would guarantee greater results and patient self-esteem which requires more research.

CONCLUSION

After a systematic search of articles in a health database and Aesthetics books, we did not find enough material to conclude whether or not it is possible to associate the drainage with the modeling massage in the same protocol and session, although it is already practiced widely by professionals and aesthetic clinics with marketing calls for weight loss and weight loss. The decrease in body weight and perimetry is due to the increase in diuresis caused by fluid mobilization and improvement of lymphatic stasis, there are controversies regarding the effects of modeling massage and associated lymphatic drainage, we suggest new researches with a clinical study to test efficacy and further clarification.

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ASSOCIATION OF MODELING MASSAGE WITH MANUAL LYMPHATIC DRAINING IN AESTHETICS

The beauty market is the segment that grows exponentially all over the world. The search for the perfect body and youthful appearance drives investments, innovation research, technology advancement and professional training. Being a comprehensive segment is also great the volume of advertisements and marketings around the procedures. Lymphatic drainage and modeling massage are already well-established techniques in treatments, quite effective and popular. In recent years they have achieved greater prominence, since they have been inserted in "certified methods" and a "drainage" massage with very strong marketing calls for weight loss. In the scientific field there is still a shortage of works with reliable methodologies, which favors the creation of these protocols in a booth, and posthumously disseminated among professionals. Objective: to investigate the physiological effects and the association between massage and drainage in a single treatment session. Methodology: a bibliographical review was carried out through a reading and database specific to the health area, of scientific articles such as PubMed, Scielo, Google Academic and Periodicals from 2004 to 2018. Results: 28 studies were found, 13 of which were selected the inclusion criteria: 7 are clinical trials in humans that tested the effectiveness, 1 comparative clinical study of the techniques, 2 are case studies, 3 bibliographic reviews on the techniques and their concepts. Conclusion: The decrease in body weight and perimetry is due to the increase in diuresis caused by fluid mobilization and improvement of lymphatic stasis, controversies regarding the effects of modeling massage and associated lymphatic drainage are suggested. test efficacy and further clarification.

Key-words: massage, drainage, lymphatic system, aesthetics

ASSOCIATION DE MASSAGE DE MODÉLISATION À UN DRAINAGE LYMPHATIQUE MANUEL EN ESTHÉTIQUE

Le marché de la beauté est le segment qui connaît une croissance exponentielle dans le monde entier. La recherche

du corps parfait et de l'aspect jeune stimule les investissements, la recherche en innovation, les progrès technologiques et la formation professionnelle. Etre un segment complet représente également un volume important d'annonces et de marketing autour des procédures. Le drainage lymphatique et le modelage sont déjà des techniques bien établies dans les traitements, très efficaces et populaires. Ces dernières années, ils ont acquis une plus grande notoriété, puisqu'ils ont été insérés dans des "méthodes certifiées" et un massage "de drainage" avec de très fortes demandes de marketing pour perdre du poids. Dans le domaine scientifique, il y a toujours une pénurie d'ouvrages avec des méthodologies fiables, qui favorisent la création de ces protocoles dans un stand et diffusés à titre posthume auprès des professionnels. Objectif: étudier les effets physiologiques et l'association entre massage et drainage en une seule séance de traitement. Méthodologie: une revue bibliographique a été réalisée à travers une lecture et une base de données spécifique au domaine de la santé, d'articles scientifiques tels que PubMed, Scielo, Google Academic et Périodiques de 2004 à 2018. Résultats: 28 études ont été trouvées, dont 13 ont été sélectionnées les critères d'inclusion: 7 sont des essais cliniques chez l'homme qui ont testé l'efficacité, 1 étude clinique comparative des techniques, 2 sont des études de cas, 3 revues bibliographiques sur les techniques et leurs concepts. Conclusion: La diminution du poids corporel et de la périmétrie est due à l'augmentation de la diurèse provoquée par la mobilisation liquidienne et à l'amélioration de la stase lymphatique. Des controverses concernant les effets du modelage et du drainage lymphatique associé sont suggérées. efficacité du test et clarification supplémentaire.

Mots-clés: massage, drainage, système lymphatique, esthétique

ASOCIACIÓN DEL MASAJE MODELADORA CON DRENAJE LINFÁTICO MANUAL EN LA ESTÉTICA

El mercado de la belleza es el segmento que crece exponencialmente en todo el mundo. La búsqueda por el cuerpo perfecto y apariencia joven impulsa inversiones, investigaciones de innovaciones, avance de tecnología y formación profesional. Por ser un segmento completo es grande también el volumen de propagandas y marketings a cerca de los procedimientos. El drenaje linfático y el masaje modelador son técnicas ya consagradas en tratamientos, bastante efectivos y populares. En los últimos años lograron mayor destaque, pues fueron insertadas en "métodos certificados" y un masaje "drenomodeladora" con llamados de marketing fortísimos en pérdida de peso. En el campo científico todavía hay una escasez de trabajos con metodologías confiables, lo que favorece la creación de esos protocolos en cabina, y postumadamente diseminados entre las profesionales. Objetivo: investigar sobre efectos fisiológicos y asociación entre masaje y drenaje en una sola sesión de atención. Metodología: se realizó una revisión bibliográfica a través de lectura y base de datos específicos para el área de la salud, de artículos científicos, como PubMed, Scielo, Google Académico y Periódicos de 2004 a 2018. Resultados: Se encontraron 28 estudios, siendo seleccionados 13 que llenaron los criterios de inclusión: 7 son estudios clínicos en humanos que probaron la eficacia, 1 estudio clínico comparativo de las técnicas, 2 son estudios de caso, 3 revisiones bibliográficas sobre las técnicas y sus conceptos. Conclusión: La disminución del peso corporal y de la perimetría se da por el aumento de la diuresis ocasionada por la movilización de líquidos y mejora de la estase linfática, hay controversias acerca de los efectos del masaje modelador y drenaje linfático asociados, se sugiere nuevas investigaciones con estudio clínico para estudio prueba de eficacia y mayores aclaraciones.

Palabras claves: masaje, drenaje, sistema linfático, estética

ASSOCIAÇÃO DA MASSAGEM MODELADORA COM DRENAGEM LINFÁTICA MANUAL NA ESTÉTICA

O mercado da beleza é o segmento que cresce exponencialmente no mundo todo. A busca pelo corpo perfeito e aparência jovem impulsiona investimentos, pesquisas de inovações, avanço de tecnologia e formação profissional. Por ser um segmento abrangente é grande também o volume de propagandas e marketings a cerca dos procedimentos. A drenagem linfática e a massagem modeladora são técnicas já consagradas em tratamentos, bastante efetivas e populares. Nos últimos anos conseguiram maior destaque, pois foram inseridas em “métodos certificados” e uma massagem “drenomodeladora” com apelos de marketing fortíssimos em perda de peso. No campo científico ainda há uma escassez de trabalhos com metodologias confiáveis, o que favorece a criação desses protocolos em cabine, e postumamente disseminados entre as profissionais. Objetivo: pesquisar sobre efeitos fisiológicos e associação entre massagem e drenagem em uma única sessão de atendimento. Metodologia: foi realizada uma revisão bibliográfica através de leitura e banco de dados específicos para área da saúde, de artigos científicos, como PubMed, Scielo, Google Acadêmico e Periódicos de 2004 a 2018. Resultados: Foram encontrados 28 estudos, sendo selecionados 13 que preencheram os critérios de inclusão: 7 são estudo clínicos em humanos que testaram a eficácia, 1 estudo clínico comparativo das técnicas, 2 são estudos de caso, 3 revisões bibliográficas sobre as técnicas e seus conceitos. Conclusão: A diminuição do peso corporal e da perimetria se dá pelo aumento da diurese ocasionada pela mobilização de líquidos e melhora da estase linfática, há controvérsias a respeito dos efeitos da massagem modeladora e drenagem linfática associadas, sugere-se novas pesquisas com estudo clínico para testar eficácia e maiores esclarecimentos.

Palavras-chaves: massagem, drenagem, sistema linfático, estética.