

PROSPECTUS



# MANUAL LYMPHATIC DRAINAGE (MLD)

---



## ■ About Us



Beauty is Life Institute™ is a premier beauty and aesthetics training center dedicated to shaping the next generation of industry professionals. With locations in Paarl and Johannesburg, we specialize in empowering individuals with cutting-edge skills, managerial expertise, and entrepreneurial insights to thrive in the dynamic beauty and wellness sector.

Our holistic approach combines the latest advancements in aesthetics with innovative business practices, ensuring our graduates are well-equipped for success.

At Beauty is Life Institute™, continuous learning and professional development are at the heart of everything we do, fostering excellence, innovation, and expertise in every student we train.

## ■ Our Philosophy

Beauty is Life Institute™ is dedicated to shaping the next generation of Health and Skincare professionals. Rooted in respect, integrity, and industry expertise, we combine eco-friendly principles with high-quality, results-driven training.

We mentor and inspire our students to excel in the dynamic beauty industry, offering lifelong support and a focus on excellence. At Beauty is Life Institute™, we don't just teach – we empower careers.



## ■ What does this course entail?

Manual Lymphatic Drainage (MLD) is a specialized massage technique with profound benefits for overall health and well-being. This gentle, non-invasive method stimulates the lymphatic system, helping to maintain fluid balance in the body by removing excess fluids, waste, and toxins from tissues. Additionally, the lymphatic system supports the absorption of fats and fat-soluble vitamins, further enhancing its role in maintaining optimal health.

Offering MLD at your beauty institute provides clients with a holistic and effective treatment that promotes health and quality of life. While particularly beneficial for individuals with conditions like lymphedema, fibromyalgia, chronic fatigue syndrome, and rheumatoid arthritis, MLD also enhances circulation, reduces inflammation, and boosts the immune system, making it suitable for a wide range of clients.

Introducing MLD services can set your beauty institute apart from competitors, demonstrating your commitment to comprehensive and innovative treatments. As a medical-grade massage, MLD requires specialized training and expertise, adding significant value to your service offerings.

By incorporating MLD into your treatments, beauty therapists can provide clients with a transformative, wellness-focused service that supports vitality and enhances their overall sense of well-being.



# Manual Lymphatic Drainage Course Outline:

- 1. Integration with Other Anatomical Systems**
  - Overview of the lymphatic system's relationship with the circulatory, immune, and integumentary systems
- 2. Lymph Nodes and Their Functions**
  - Structure and role in filtration and immune response
- 3. Specific Lymphatic Drainage Techniques**
- 4. Movement of Lymph**
  - Understanding lymph circulation and its role in detoxification
- 5. Indications**
  - When lymphatic drainage is beneficial for clients/patients
- 6. Contraindications**
  - Situations where lymphatic drainage should be avoided
- 7. Client/Patient Assessment**
- 8. Treatment Plans**
  - Designing personalized plans for optimal results
- 9. Result Maintenance**
- 10. Regional Focus Areas**
  - Face, Neck, and Chest
  - Upper Extremities
  - Stomach and Back
  - Lower Extremities

Where WELLNESS and  
TECHNIQUE unite for  
your success in MLD

## ■ Course Details

Beauty is Life Institute offers Manual Lymphatic Drainage (MLD) training at locations in Paarl and Johannesburg. Students can study the theory of MLD remotely through online classes, with practical sessions held at their closest Beauty is Life Institute location. This blended learning approach allows students to begin accumulating mandatory hands-on hours while gaining valuable insights into the wellness and aesthetics industry, ensuring they are fully prepared for a successful career as MLD specialists.

**Our Paarl Branch:**

Spice Route Destination;  
Suid-Agter-Paarl Road  
Paarl; Western Cape

**Our Johannesburg Branch:**

Honeydew Eco Village  
281 Honeydew Road  
Northriding AH,  
Johannesburg; Gauteng

## ■ Investment in Your Future

**Cost of Course: R7 800**

**Deposit of R1 200 is required to secure your place in the course.**

**Registration Cost: R550**

**Course Duration: 5 Days**

**The cost of the course includes:**

- All necessary study materials

At Beauty is Life Institute, we are dedicated to empowering the next generation of Manual Lymphatic Drainage (MLD) professionals with the knowledge, skills, and experience needed to thrive. Our course offers a comprehensive education, blending theoretical understanding with hands-on practice to ensure students are fully prepared to excel in the wellness and aesthetics industry. We look forward to welcoming you to our community and supporting you on your journey to success in MLD.

## Let's Get In Touch

### Contact Us

#### Paarl Enquiries:

info@beautyislifeinstitute.co.za

Elzette Calitz 082 726 6514

#### Johannesburg Enquiries:

Elisna van Wyk 082 974 9207

eli@healthyandwell.co.za

### Visit Our Website

[www.beautyislifeinstitute.co.za](http://www.beautyislifeinstitute.co.za)

