

# Unlock Radiant Skin and Youthful Vitality with Basic Lymphatic Drainage For Face Venus Star Protocol



## Lymphatic facial cupping: Basic lymphatic drainage for face Venus-Star protocol by Matt "Wiggy" Wiggins

★★★★☆ 4.5 out of 5

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Are you ready to unveil the secret to a glowing, youthful complexion? Look no further than the Basic Lymphatic Drainage For Face Venus Star Protocol, a revolutionary facial massage technique that will transform your skin.

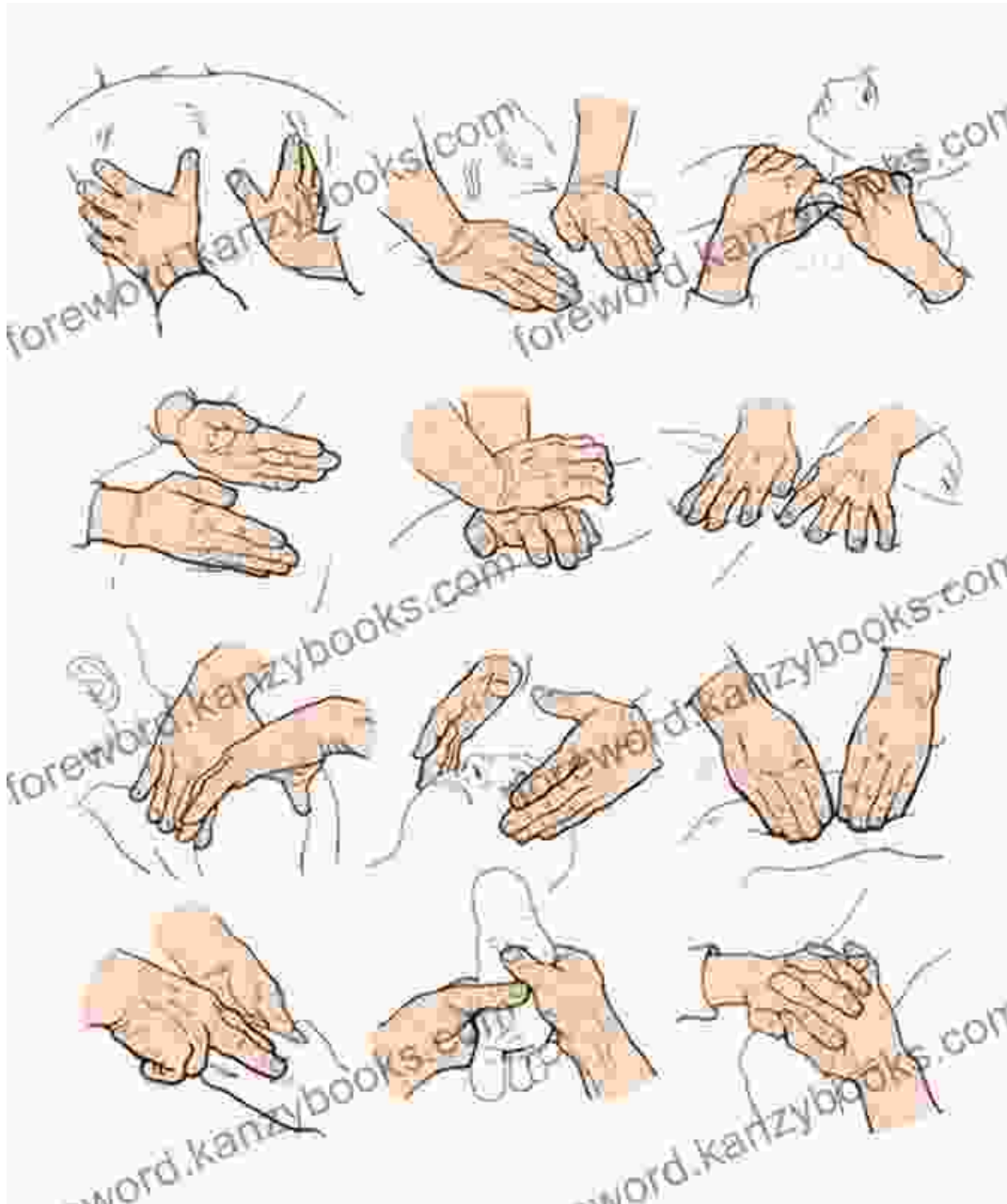
## What is Lymphatic Drainage?

The lymphatic system is a network of vessels and nodes that helps remove waste and toxins from the body. When the lymphatic system becomes congested, it can lead to puffiness, inflammation, and other skin problems.

Lymphatic drainage massage is a gentle technique that helps to stimulate the lymphatic system and promote the flow of lymph fluid. This can help to

reduce puffiness, improve circulation, and detoxify the skin.

## The Venus Star Protocol



The Venus Star Protocol is a specific sequence of lymphatic drainage massage strokes that is designed to target the face and neck. This protocol is named after the Venus de Milo statue, which is known for its beautiful, youthful face.

The Venus Star Protocol is a gentle, yet effective technique that can help to:

- Reduce puffiness
- Diminish wrinkles
- Improve circulation
- Detoxify the skin
- Promote a glowing complexion

### **How to Perform the Venus Star Protocol**

The Venus Star Protocol is easy to learn and can be performed at home. Here are the basic steps:

1. **Cleanse your face and neck.**
2. **Apply a small amount of oil or serum to your face and neck.**
3. **Begin by massaging the lymph nodes on your neck.**
4. **Follow the Venus Star Protocol diagram to massage your face and neck.**
5. **Repeat the sequence 5-10 times.**
6. **Finish by applying a moisturizer to your face and neck.**

### **Benefits of the Venus Star Protocol**

The Venus Star Protocol offers a wide range of benefits for your skin, including:

- **Reduced puffiness**
- **Diminished wrinkles**
- **Improved circulation**
- **Detoxified skin**
- **Glowing complexion**
- **Promotes relaxation**
- **Reduces stress**

If you are looking for a natural way to improve your skin, the Basic Lymphatic Drainage For Face Venus Star Protocol is a great option. This simple, yet effective technique can help you to achieve a glowing, youthful complexion.

Free Download your copy of the Basic Lymphatic Drainage For Face Venus Star Protocol today and start experiencing the benefits for yourself!

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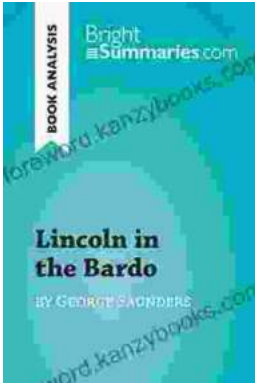
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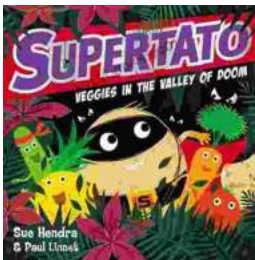
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