

How to Use:

"The success is in the sequence."

Implemented daily, Chelsey Jeans LymFATic drainage sequence and products have many options to fit in with your lifestyle. For best results follow Chelsey's LymFATic Massage Sequence found on www.chelseyjean.com.

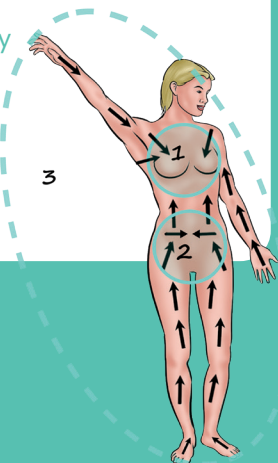
Step 1:

Use the spiky side of the glove before a shower, with gentle feathered strokes towards the heart, always starting in zone 1, then 2 then 3. Use the picture below for reference.

Step 2:

Use the magnetic ball side of the glove, in the shower, in the car, on the lounge, at gym or after you massage in the LymFATic Cream or the MAGfatics spray. Always start at your chest, in zone 1, flowing towards your heart. Follow with arms, belly, butt then finishing with your legs.

Attention: Start the sequence slowly, every second day. You may be more toxic than you think. Flu like and detoxification symptoms like a runny nose, brain fog, tiredness, headaches etc may occur. Take It easy and start slow. If concerned consult your practitioner. Sensitivities can occur. We recommend patch testing of all products.



Scan this QR code to get access to the video instructions

I believe in a better way of living.

Your lymph system is essential for detoxification, immune, health, fat transportation, metabolism and energy levels. If it slows down, so do you.

Testimonials

The glove sequence is doing me wonders! Very quick results. My husband is also happy as I no longer snore and sleep through the night. **A. Leslie**

3 weeks in, noticing fluid dropping away from my face and my skin is so much smoother, I feel great! **A. Liddelow**



With breast cancer on both sides of my family, this interests me so much as lymphatic health is a must. 8 weeks in: no more lumpy boobs, they have even changed shape, no longer need a breast reduction, massive health improvements all round, absolutely amazing! **C. Curliss**

For more information on our complete range visit: chelseyjean.com

**Chelsey™
JEAN** 

AUSTRALIAN NATUROPATH

Ph: 18002BOOBS



**Keep fit
Look great
Overcome illness
Lower your risk of disease...**



Healthy Lymphatic
Flow is Essential



**FACEbiotics 125ml
DETOX & ANTI-AGING**

FACEbiotics 125ml DETOX & ANTI-AGEING

Believe me - IT IS ALL YOUR FACE NEEDS!

Supercharged with Aquaxyl boosted Hyaluronic Acid for scientifically proven 24 hours hydration. With unique pre & probiotic technology to help restore stressed skin while strengthening the skin barrier function.

These powerful collagen building phytonutrients and vitamins may help detoxify and drain congestion throughout the lymphatic system regardless of your current skin condition, age and life stressors.

Konjac Sponges

This biodegradable sponge is ideal for all ages and skin types. Use daily as part of your face and body cleansing routine instead of soaps. Working on unclogging pores for faster cell turnover & collagen production allowing for better nutrient delivery. Material - 100% Konjac fibres.

What Moves Wastes & Fat? A Healthy Lymphatic System



Magnetic Massage Gloves

It only takes **2 mins a day** to give your lymphatic system some much needed stimulation and rejuvenation. Use your Gloves on their own daily or pair it with either our LymFATics Cream or MAGfatics spray for improved results.

*** Magnetic Therapy is not recommended for those with an ICD or Pacemaker, or those with allergies to metals.**

FREE Monthly Lymphatic Education & Motivation plus a Fun, Supportive Facebook Group of 1000's of women

Chelsey JEAN **BooBCamp™**

Learn how to detox and stimulate your lymphatic system no matter your current state of health

Find Video instructions and order your LymFATics at:
chelseyjean.com

f www.facebook.com/ChelseyJeanLymphatics/
@ www.instagram.com/chelsey_jean_lymphatics
▶ www.youtube.com/c/ChelseyJean



**Aloe Vera, Coconut
oil, 10 Essential Oils
& Phytonutrients**

**MSM, Magnesium
Aloe Vera, Arnica &
Essential Oils**

LymFATics Cream 250/500ml DETOX & DRAIN

Helps to improve circulation and move fluid while unblocking fat with a powerful blend of herbs and essential oils. Naturopathically formulated to provide nutrition to your cells. Your skin may feel soothed, free & alive when used in conjunction with our LymFATIC Sequence.

MAGfatics Spray 250ml RECOVER & DETOXIFY

A unique combination of magnesium and MSM, offering enhanced absorption of lymphatic oils and nutrient designed to assist your cellular recovery, relaxation, detoxification and pain management.