

The Sculpt Spot

body contouring spa



LYMPHATIC HEALTH WORKSHOP GUIDE

Promoting Health & Wellness Everyday

Presented by
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WHY IS LYMPHATIC HEALTH IS IMPORTANT?



➔ Detoxification and immune support

The lymphatic system plays a vital role in removing toxins, waste, and excess fluids from the body. Stimulating lymphatic flow helps strengthen immune function, allowing the body to better defend itself and maintain optimal health.

➔ Reducing inflammation and fluid retention

Lymphatic drainage encourages the movement of stagnant fluid and reduces swelling caused by inflammation. This promotes improved circulation, decreased puffiness, and a lighter, more comfortable feeling in the body.

➔ Supporting mental clarity and focus

Improved circulation and reduced systemic congestion help enhance oxygen and nutrient delivery throughout the body. As a result, many individuals experience sharper focus, clearer thinking, and improved cognitive performance.

➔ Managing stress and anxiety

Lymphatic drainage activates the parasympathetic nervous system, promoting deep relaxation and calming the body's stress response. This helps reduce tension, lower anxiety levels, and restore emotional balance.



WHY CORPORATIONS SHOULD INVEST?



01

Reduce Burnout

Two-thirds of U.S. workers report experiencing burnout in 2025, a record high, with younger employees reporting even higher rates—over 80 % among ages 18–34.-Forbes

02

Increase Morale

Additionally, highly engaged teams are shown to be 21 % more productive and have significantly lower turnover, meaning investment in engagement and well-being initiatives—like lymphatic wellness workshops—can directly support stronger morale, higher performance, and a healthier workplace culture. -Market Biz

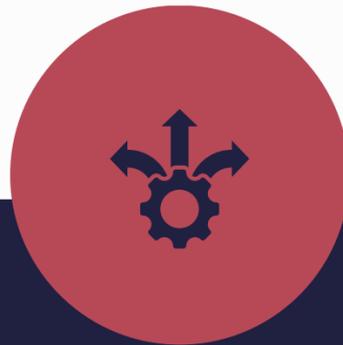
03

Reduce Health Costs

Companies that invest in employee wellness programs see an average reduction in healthcare costs of around 25 % per employee annually, meaning preventive education and health-focused initiatives can significantly reduce claims and medical spending for employers. - Zipdo.co

OUR CORPORATE SERVICES

The Sculpt Spot offers comprehensive lymphatic wellness services designed to educate, restore, and rejuvenate. Our corporate offerings include lymphatic drainage education, lymphatic facials, and full-body lymphatic drainage treatments—all designed to reduce stress, improve circulation, decrease fluid retention, and support overall health. Whether through hands-on interactive workshops or personalized one-on-one sessions, our services provide practical tools and restorative experiences that enhance employee well-being, mental clarity, and sustainable workplace performance.



Lymphatic Drainage Education

An engaging educational session explaining:

- How the lymphatic system supports detoxification
- Its role in immunity and inflammation
- How lymphatic flow impacts stress and mental clarity
- Daily techniques to support optimal function



Lymphatic Facials

A detoxifying and sculpting facial experience that:

- Reduces puffiness
- Improves circulation
- Promotes radiant skin
- Encourages relaxation and stress relief



Lymphatic Drainage for the Body

A restorative body treatment proven to:

- Reduce stress and anxiety
- Improve blood circulation
- Decrease fluid retention
- Support immune health
- Improve overall wellness and vitality



What our customers are saying



ABOUT TERI MCELRATH, SPA OWNER

Teri McElrath is the Founder and Owner of The Sculpt Spot in Chicago, where she specializes in lymphatic health, body sculpting, and holistic wellness therapies designed to support total-body rejuvenation. With a passion for preventative health and natural healing modalities, Teri is dedicated to educating clients and corporate teams on the powerful impact of lymphatic drainage for stress reduction, improved circulation, immune support, and overall vitality..

Known for her results-driven approach and calming presence, Teri combines advanced lymphatic techniques—including lymphatic facials, Wood Therapy, and full-body lymphatic drainage—with wellness education that empowers individuals to take an active role in their health. Through corporate workshops and interactive wellness experiences, she partners with organizations committed to fostering resilient, high-performing teams through sustainable health practices.

Teri's mission is to elevate wellness from a luxury to a lifestyle—helping individuals and corporations prioritize long-term health, balance, and performance.



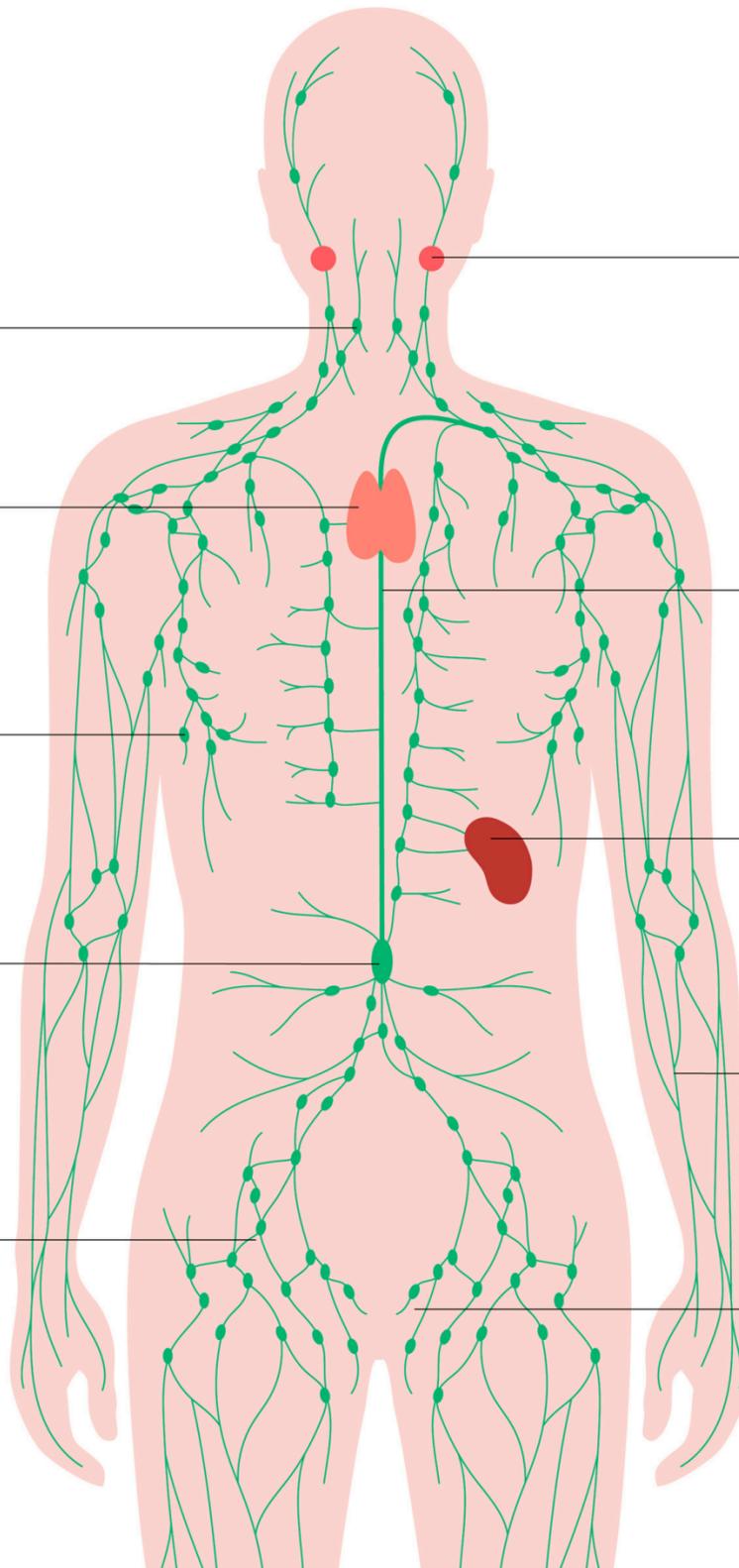


RESEARCH LYMPHATIC HEALTH

Did you know healthy lymphatic flow plays a direct role in immune defense?



LYMPHATIC SYSTEM



Lymphatic Health Science



- **Fluid Balance & Detoxification:** The lymphatic system returns approximately 2–4 liters of fluid back to the bloodstream every day, preventing fluid buildup (edema) and helping remove cellular waste and toxins from the body.
- **Immune System Support:** The lymphatic system is a central part of the immune system, housing and transporting infection-fighting white blood cells. Healthy lymphatic flow enhances the body's ability to detect and respond to viruses, bacteria, and inflammation.
- **Reduction in Swelling & Inflammation:** Clinical studies show that manual lymphatic drainage can reduce swelling in affected areas by 20–40%, improving circulation, decreasing inflammation, and enhancing overall comfort and mobility.



INSPIRATIONAL QUOTES



“When the lymph flows, health grows.”
— Wellness Proverb



OUR PRICING

One on One Treatments



One-on-One Lymphatic Drainage Sessions
Starting at \$100 per attendee or \$2,500 per day
(10–15 private lymphatic drainage sessions)

Ideal for:

- Executive wellness lounges
- VIP convention experiences
- Leadership retreats

Interactive Workshop



\$5,000 for up to 50 attendees

Includes:

- Guided lymphatic drainage tutorial
- Interactive hands-on experience
- All tools and materials provided
- Educational handouts included





WE ARE LOOKING FORWARD TO JOINING YOU!



Please email us at
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WEBSITE

WWW.THESCULPTSPOT.COM

