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.

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, in 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
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 regulate the compression microcirculation of the lymphatic system (GUIRRO and GUIRRO, 2006; BRAUN AND SIMONSON, 2007; GODøyY; 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).

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 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).

There are several lipolytic diuretic techniques for Tacani, Machado, Souza and Marcorin (2018). The two techniques act in different ways, the lymphatic drainage interfered directly by reducing drainage effectiveness in the work conducted by Camargo, Borghi, Souza and Marcorin (2018). 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 further researches with a clinical study to test efficacy and further clarification.

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 perimeter 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 AESTHERICS

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 contribute to the development of cosmetic medicine, increasing investments, innovation research, technology advancement and professional training. Lymphatic drainage sequelae. Physiotherapy and Research, v.18, n.2, p.188-94, Sao Paulo, 2011.

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 de la perfection du corps et de l’apparence jeune fait impensable une véritable révolution dans la recherche scientifique, l’innovation technologique et la formation professionnelle. Le marché est le segment qui croît exponentiellement dans le monde entier. La recherche du corps parfait et de la jeunesse est la principale motivation derrière les investissements, la recherche scientifique, l’avancement technologique et la formation professionnelle. Lymphatique drainage and modeling massage are already well-established techniques in treatments, quite effective and popular. In recent years they contribute to the development of cosmetic medicine, increasing investments, innovation research, technology advancement and professional training. Lymphatic drainage sequelae. Physiotherapy and Research, v.18, n.2, p.188-94, Sao Paulo, 2011.

Key-words: massage, drainage, lymphatic system, aesthetics
El mercado de la belleza es el segmento que crece exponencialmente en todo el mundo. La búsqueda por el cuerpo perfecto y apariencia impulsa inversiones, investigaciones de innovaciones, avance de tecnología y formación profesional. Por ser un segmento completo es grande también el volumen de propagandas y marketing a cerca de los procedimientos. El drenaje linfático y el masaje modelador son técnicas ya consagradas en tratamientos, bastante efectivas 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 cabine, y preferentemente seleccionadas las técnicas por diseminadas 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 sugieren nuevas investigaciones con estudio clínico para estudio prueba de eficacia y mayores aclaraciones.

Palabras clave: masaje, drenaje, sistema linfático, estética.