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JOURNALIST: Matt Young

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Health and Wellness Review: Get Well! East Sydney

HEALTH, BEAUTY & FITNESS 1 JUN 11 @ 12:45PM | BY MATT YOUNG

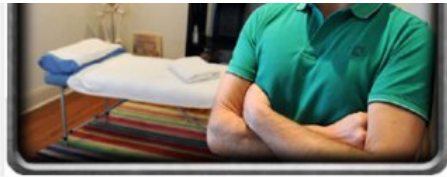
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beauty

It's not often I think about booking in a massage for my insides - in fact, before this I never had - but the staff at **Get Well! East Sydney**, in particular masseur Axel Hellwinkel, have shown me the importance of taking care of yourself on the inside in more ways than one.

TODAY'S WEATHER
SYDNEY, NSW
Current temp: **19.6°C** TODAY 19°C TONIGHT 14°C
Mostly cloudy. Isolated showers... [view 7 day forecast](#)

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Axel Hellwinkel at Get Well! East Sydney. Pic: Melvyn Knipe.

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Nestled in Darlinghurst, the boutique-style health and wellness clinic is the newest Eastern suburbs stop for safe and personally tailored, chiropractic and multimodal care, by a highly qualified and skilled team of experts.

Get Well! East Sydney is your destination for safe and trusted chiropractic care, massage, personal training, yoga and an exclusive range of award-winning mattresses and sleep accessories to buy. Along with expert sleep advice Get Well! East Sydney ensures you will get well, stay well and feel alive, with the primary

goal of health, safety and comfort.

The clinic's lymphatic drainage treatment is gentle and rhythmical, yet extremely powerful. The body's lymphatic system drains fluids from tissues back into the bloodstream to improve and even restore the system, reduce pain and improve immunity and the healing of wounds.

My treatment, provided by Hellwinkel, was a combination of two treatments: marnitz therapy and manuell lymphatic drainage.

Marnitz therapy searches for spots of high tension in your muscles and connecting tissue and only they get a deep tissue treat.

We create spots of high tension because of a lack of movement, bad posture and repetitive movements so our spinal cord and brain, which is controlling the tension in our muscles, doesn't realise there is a problem because only a small part of our muscles are affected and other muscle fibres will therefore take over and compensate.

FOXTEL

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A treatment involves pointing out the imbalance to your spinal cord and brain. It's a little painful at first but just take a big deep breath in and after 15-20mins you will feel the deep relaxation of your muscle. It's like a restart and adjustment of your muscles. I was so relaxed in the end I fell asleep during my treatment.

Manuell lymphatic drainage is a stimulation of the lymph fluid circulation. Developed as a post-cancer treatment it is now used as a general treatment after injuries and surgery and is extremely popular in Europe, especially Germany.

The treatment relieves pain, reduces the risk of infections, increases healing processes and stimulates the immune system for a faster recovery response.

The technique is quite simple, it's a squeezing of lymph vessels and pushing of the lymph fluid into the right direction to feel as though you've had a really deep cleansing massage when it's done. And there's no invasive technique's used, it's as if you're getting a regular massage.

Hellwinkel is a superstar in his work. Recently battling illness myself, he spotted something was wrong immediately without any notification from me. It was if my body was speaking to him through my muscles. Never have I had that happen before and never has someone been so empathetic, caring and genuine in his responsibilities. I would book him again in a heartbeat.

Hellwinkel aside, owner and head chiropractor Veli Solyali's team of highly skilled, trained, educated and trusted practitioners ensure every treatment is tailored to your individual needs, with a full assessment given at the start of every single visit.

Get Well! East Sydney is passionate about customer comfort and care and Hellwinkel's young team, all of whom actively teach at university, use the latest research in all treatments. All you need to do is relax and allow yourself to be cared for by the experts.

"We focus on how relationships in the body affect our overall health and wellbeing and at Get Well! East Sydney," Hellwinkel said.

"We offer many variations of care, tailored and applied to meet your health level and needs.

"Chiropractic care is not something to be afraid of or confused about, it simply translates to being done by hand and is based on the principle that our bodies are self-healing and controlled by the brain, spinal cord and all of the nerves in the body.

"Whether your motive for chiropractic care is for relief from injury, pain or concern, a preventative one or if you just want to find out a little bit more about how it could positively enhance your general health and wellbeing, our friendly team will provide sound advice, a detailed assessment, and a treatment that is tailored for you."

The full menu of treatments and services available can be found online at www.getwelleastsydney.com.au



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