

Lymphatic Drainage Massage

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Massage in some form has been used for thousands of years and is possibly one of the oldest forms of therapeutic disciplines still being used today. The Chinese, Greeks and Romans were big advocates of massage. Lymphatic Drainage Massage gives your immune system a boost and encourages the elimination of toxins and waste products from your body. This type of massage will leave you feeling more energetic and focused.

The lymphatic system plays an important part in maintaining correct fluid levels and defending the body against disease. The movements used in a lymphatic drainage massage are lighter than classic massage techniques and include some tapping, patting, stroking and squeezing movements, which help the complicated filtering system made up of tiny vessels and the lymph glands to work more effectively. The lymph system has no muscles to help the flow and drainage, so massage achieves this manually and will speed up a sluggish system. If you are suffering from a specific condition which you feel needs attention e.g. frozen shoulder, sciatica, lower back pain, it may be more advisable to have a therapeutic massage which can be more tailored to your needs.

An initial consultation is taken to ensure the appropriateness for treatment. You will then be asked to undress to your underwear; towels are placed over the body, leaving only the area being worked on exposed.

Key effects of massage

- Better lymphatic flow – aiding elimination of waste products from cell metabolism.
- Reduced oedema (water retention) and swelling – by increasing lymphatic drainage and waste removal.
- Strengthens the immune system and improves immune function, due to increased white blood cells.
- Improved circulation – increased levels of oxygen and nutrients and an improvement in the elimination of waste products to the muscles and all systems of the body.
- Stimulates the nerve endings, improving muscle tone and revitalising the body, whilst refreshing the mind.
- Reduces stress levels.

Cathy Fernie holds a degree in Clinical Complementary Therapies from Staffordshire University and has studied Aromatherapy and Reflexology, in depth, over a 5 year period. She carried out over 100 hours of case study treatments as part of the Degree and has been working as a Clinical Complementary Therapist since 2010. She is fully insured and is a member of the Aromatherapy and Allied Practitioners Association (AAPA) is registered with the Complementary and Natural Healthcare Council (CNHC) and her practice is governed by their professional codes of conduct.

For information or to book a free consultation call 01283 516444