

# Manual Lymphatic Drainage Massage

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Manual lymphatic drainage is a gentle, flowing, rhythmic massage, which can be used for a wide range of conditions to great effect. It is used primarily **to promote the optimal functioning of the lymphatic system**, whose main job is to maintain fluid balance in the body, remove waste products from cells, defend the body from infections, produce antibodies and absorb fats from the intestine.

The techniques of the massage stimulate the movement of the lymph fluid through the lymph vessels making this massage effective in the treatment of a variety of problems including oedema, sinus congestion, skin disorders, headaches, sprains, digestive disorders and before and after surgery to remove tissue congestion and minimise scar formation. It is particularly useful as part of post-mastectomy therapy, to reduce oedema and fibrosis and to relieve pain and tension.

Manual Lymphatic drainage is extremely gentle to receive with the majority of clients going into a deeply relaxed state, due to the slow, gentle rhythmic motions involved. The massage is applied to the skin without oil and only the areas worked on are uncovered during the treatment. The rest of the body is covered with towels/sheets so that you can relax.

An initial consultation is carried out to ensure the treatment is the right one for you and to discuss your requirements.

Key effects of the manual lymphatic drainage massage:

- Better lymphatic flow – aiding elimination of waste products
- Reduced oedema (water retention) and reduced swelling
- Strengthens the immune system and improves immune function
- Gives a boost of energy as waste products are eliminated
- Relaxes the sympathetic nervous system
- Reduces pain as swelling and water retention are reduced

It can be of benefit for:

- Puffy legs, ankles and eyes through water retention, poor circulation or pregnancy
- Regular colds/flu, sinus problems, hay fever and other allergies
- Cellulite
- Glandular fever/ME (Chronic Fatigue Syndrome)
- Headaches/migraines
- Digestive problems
- Pre/Post surgery, particularly where lymph nodes have been removed
- Before and after a long-haul flight
- People with low energy

It is also of benefit to anyone wishing to undertake a general detoxification as part of a wellbeing programme.

**For information or to book a free consultation call 01283 516444**