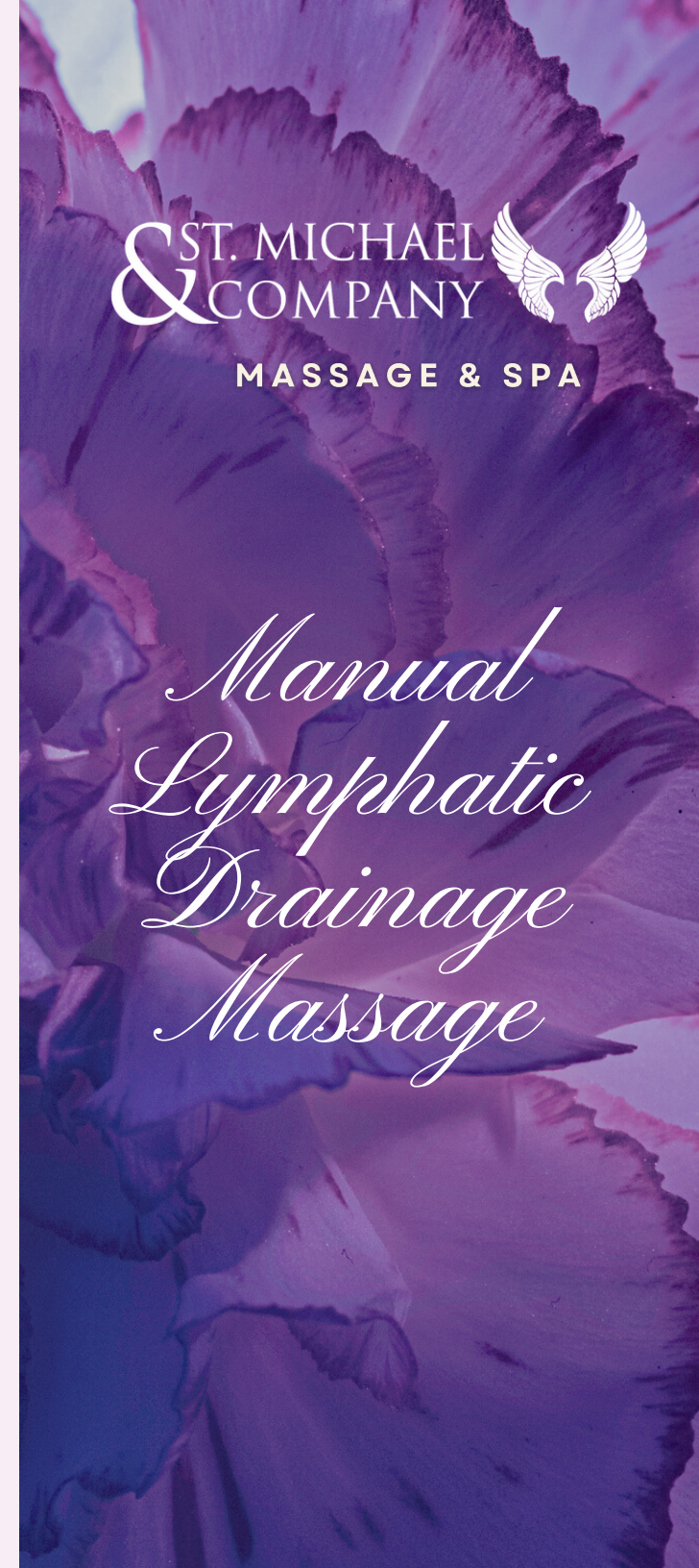




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mind. Recharge and
pamper your soul.

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MESSAGE & SPA

*Manual
Lymphatic
Drainage
Massage*

Manual Lymphatic Drainage Massage (MLD)

Manual Lymphatic Drainage (MLD) massage is a light touch gentle massage to relieve painful swelling in your arms and legs caused by lymphedema often associated with cancer.

The lymphatic system is a subsystem of the circulatory system in the vertebrate body that consists of a complex network of vessels, tissues, and organs and helps fluid balance in the body by collecting excess fluid and particulate matter from tissues and depositing them in the bloodstream.

MLD is a technique that helps drain excess fluid in the lymph from your tissues to your lymph nodes, easing swelling in your tissues.

There are 500-600 lymph nodes throughout the body. These nodes swell in response to infection due to a buildup of lymph fluid, bacteria, or other organisms and immune system cells. The lymphatic system is part of the immune system and absorbs fats and fat-soluble nutrients.

Benefits of Manual Lymphatic Drainage Massage (MLD)

- *Reduces cellulite*
- *Reduces problems associated with fluid retention, poor circulation, and localized fat.*
- *Detoxifies the body*
- *Helps address the side effects of radiation, surgery and chemotherapy*
- *Supports the immune system*
- *Lessen muscle tension*
- *Lessen swelling*
- *Improves sleep and lessens fatigue*



- "It's when we start working together that the real healing takes place." - David Hume

What Happens During a Lymph Drainage Massage?

Talk to your doctor before getting a lymphatic drainage massage, and make sure you're receiving treatment from a trained professional. The massage therapist will follow a particular sequence, using a series of massage techniques, including stretching, compressing, gliding, and cupping motions.

Light rhythmic movements stimulate the lymphatic system without pressing hard on the vessel. They make the lymph fluid move easily through the nodes and tissues, making sure the fluid doesn't get trapped anywhere

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Prior To Your Appt

Before any appointments are scheduled, we asked our clients to provide whenever medical records/doctor's instructions and become familiar with patients' past and current conditions, medications, and treatments.

Clients will also be asked to complete an in-take form.