

LYMPHATIC DRAINAGE

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LYMPHATIC DRAINAGE – HOW WILL IT WORK FOR ME?

What is Lymphatic drainage?

Lymph is part of your lymphatic system; a thick, clear fluid that circulates through the lymphatic vessels and carries white blood cells to fight infection and disease. Lymph itself is derived from tissue fluids and originates as blood plasma. The lymphatic system is a vital part of our immune system. Part of its function is to drain, transport, filter and remove broken down foreign substances and waste from our tissue. The gentle, rhythmical massage techniques used in lymphatic drainage treatment move lymph towards the lymph nodes where the body can dispose of wastes more easily. The technique is also effective in releasing blockages of lymph flow, which can cause edema - (swelling of the tissues).

What are the benefits?

Manual lymphatic drainage helps to rid the body of toxins and excess lymph by stimulating the body's lymphatic system using specific massage techniques. The technique causes the lymphatic network to enlarge and carry more lymph. This applies to the limbs and trunk in particular. In this way, the body's elimination channels are enhanced and your ability to clear out toxins and waste products is greatly improved.

What to expect during your treatment

Because many of the lymph vessels are just under the skin, moving the lymph requires very light touch, barely the weight of a teaspoon of water. Practitioners use flat hands and finger pads in painless, rhythmic movements light enough to be described as 'feather touch'. Expect this treatment to be a lot slower and much lighter than your standard massage treatment. The majority of the treatment is spent lying supine (face up) as the front of the body is where the majority of the lymph nodes are situated.

Due to the sensitive areas in which the lymph nodes are situated, (there are clusters around your breasts and groin area) your therapist will explain the sequence and theory of the technique in the initial consultation before you decide to go ahead.

What to expect after your treatment

Often clients do not feel any effects of the treatment immediately, (as distinct from a relaxation massage) it is often later on in the day, or the evening that a feeling of tiredness or heaviness may be felt. This is simply a sign that the body is using its energy to eliminate all the extra toxins that have been added to the circulatory system due to the increased lymph flow. It is important at this time to drink extra water and stay away from caffeine, alcohol, cigarettes and heavy foods to allow your body to complete this process.



The above picture shows a certified therapist demonstrating proper manual lymphatic drainage technique on a patient to achieve edema reduction.



Lymphatic drainage massage in conjunction with exercise and a balanced diet are important factors to maintaining a healthy lifestyle.

THE TOXINS IN YOUR BODY...

How does a body become toxic?

- Over the counter and prescription drugs
- Poor diet
- Alcohol,
- Smoking
- Stress
- Not enough exercise
- Environmental pollutants
- Chronic illnesses
- Modern life!

Signs of toxicity

- Flagging energy
- Sugar cravings
- Dependence on stimulants (cigarettes/coffee)
- Mood swings
- Depression
- Poor memory
- Weight gain
- Skin problems

The benefits of toxin release

- Clearer skin
- A better immune system
- Boosted vitality

All these benefits translate to more energy, leading to an enhanced ability to enjoy life now, as well as increasing your defence against illness in the future.