

Lymphatic Massage is a type of gentle massage which is intended to encourage the natural drainage of the lymph from body tissues. This systems main purpose is to help fight infection, removing waste and bacteria before it reaches the blood.

Manual lymph drainage massage (also called lymphatic drainage and lymph massage) is a form of very light massage that encourages lymph flow in the body. It is particularly good for detoxification, edema, pre- and post-plastic surgery and post-liposuction. It can also help with cellulite treatments, scar tissue, spider veins, redness and acne.

What is the lymphatic system?

The lymph system is a slow-moving system of vessels and lymph nodes that works with the circulatory system. It is just under the skin. The lymph system both delivers nutrients to the cells and carries away excess water, cellular waste, bacteria, viruses and toxins. It helps the body fight infection. Everything in this system flows toward the heart, continuously picking up waste along the way. Massage helps to keep the lymph system healthy, contributing to the body's ability to release toxins.

Note:

Drink plenty of water after a lymph drainage massage to help flush out toxins. Stay away from salt and alcohol after a massage, as they inhibit the body's ability to flush out toxins.