What To Expect From Your Manual Lymph Drainage Therapy Session

1. Recommendations after your MLD session:
    a. Drink plenty of fluids for 72 hours after your session.
    b. An Epsom salt bath will reinforce the removal of toxins. Use at least 2 cups.
    c. Take a walk.

2. What to expect after your Lymph Drainage session. The list below are only a FEW of the more common healing and detoxing responses that may be experienced shortly after your session:
    a. Feeling your body as "light and fluffy."
    b. Brain Fog.
    c. Increased odorous urination.
    d. Increased odorous bowel movements.
    e. Temporary change in your body odor. Increased sweat.
    f. Deeper and more restful sleep.
    g. Hunger or cravings for fats.
    h. Thirst.
    i. Tiredness, wanting to rest or nap.
    j. Sinus Drainage.
    k. Ear Drainage.
    l. Reductions in swelling and headaches.
    m. Reductions in swollen lymph nodes (2-7 days)
    n. Shifts in congestion (one sinus to another etc.) or pressure changes in joints or areas where prior injury or trauma has occurred.

3. After Several Lymph Drainage Therapy Sessions, other common benefits may occur:
    a. Weight loss with a reduction in adipose and cellulite tissue.
    b. Reduced water retention.
    c. Reduction or elimination of your chronic pain.
    d. Reduction of your skin conditions and allergies.

e. Increased energy.
f. Increased metabolism.
g. Reduction of PMS symptoms.
h. Improved range of motion in your joints.
i. Stronger immune system function and illness prevention.
j. Regeneration or youthfulness of skin tissue.