



*BalancedAttention*  
• WELLNESS •

## **Helpful Tips Prior To Your Manual Lymph Drainage Therapy Session**

Now that you've scheduled your first Lymph Drainage Therapy appointment or integrated massage session, you are probably curious and eager to see what it's all about. Here are some massage tips you need to know to make your Lymph session as effective and enjoyable as possible:

1. Remember, you are about to stimulate your body's most powerful system of detoxification. If you do not follow the recommended instructions given below, you may feel sick after receiving lymph massage. The lymphatic system is responsible for handling and neutralizing toxins and wastes created from food, pollution and our own body's daily cellular activities. It is also responsible for housing and transporting immune cells.
2. If you are working with another medical professional verify with them the ideal time to receive this work for optimum results (guided detox, surgery, illness).
3. Arrive at your appointment well hydrated. Dehydration will severely impair your ability to detoxify and rebuild and may make you feel ill.
4. Expect to undress to your level of comfort but know that direct contact with the skin is always best. Tight clothing and under wire bras will make it difficult to get lymph moving.
5. Arrive with an empty stomach or eat a light snack prior. Drainage will be performed in the deep abdomen and organs.
6. Do NOT apply lotion to your skin prior to treatment. Dry skin contact is more effective for stimulating the stretch response needed by your lymph vessels.
7. Do NOT drink alcohol or consume recreational drugs the night before or immediately after your session. Your liver will be responsible for detoxifying much of what the lymphatic system collects so please don't burden it before your session or you may feel quite sick afterwards.
8. Plan and allow for a period of MOVEMENT immediately after your session. Your lymph collects toxins and places them into the blood stream for removal. 10 to 15 minutes of gentle movement

and breathing is recommended such as a short walk before getting into your car after the session, walking your dog, or hitting the gym or a gentle yoga class is one of the most critical massage tips to follow.

9. Plan and allow for a period of REST after treatment and movement if needed. Your body's resources and nutrients will go toward "cleaning up shop" and this may include an immune response to cleanse any bacteria or foreign cells that don't belong. Rest will allow the body to regenerate and heal.
10. If you are already sick, fighting an illness, or recovering from illness, consider shortening your session or contact your therapist to identify the best time to receive lymph work. The first acute 24-48 hours of illness is NOT the appropriate time to receive massage. Be prepared for your immune system's increased response listed above!
11. Use the restroom prior to getting on the table. No one likes to "hold it in" or run to the restroom in the middle of a relaxing Lymph Drainage session!
12. Lymphatic Breast Massage is included in the both the full body MLD session and the upper body MLD session. You will be completely draped at all times except for the area being worked on. Direct contact with skin is best. If you are uncomfortable with this, please let the therapist know. Other options are to work over the sheet or not at all. Manual lymph drainage in the breast tissue is highly recommended for breast health.