



## LYMPH MASSAGE

### *What is Lymph Drainage Massage?*

Developed in the 1930's, lymph drainage is a gentle form of massage that stimulates the body's lymphatic system, helping the body to eliminate waste and toxins, providing a boost to the immune system.

### *What is the Lymphatic system?*

Your lymphatic system is made up of a network of thin tubes carrying lymph fluid which provides a cleansing process to help keep your body in good health.

### *What is Lymph?*

Lymph is a clear watery fluid which plays an important role in your body's immune system by eliminating excess waste. The lymph fluid flows through the lymph nodes located throughout your body and they act as a filtering system.

### *How does the Lymphatic system protect my immune system?*

The filtering lymph nodes also have the job of producing antibodies against infection. White blood cells and lymphocytes protect against infection and antigens (e.g. pollen) and these are also produced in the lymph nodes.

### *Why should I consider having a Lymph Drainage massage?*

Everyday your lymphatic system is dealing with pollutants and bacteria that can potentially harm your body, e.g. pollutants that have been breathed in or ingested, or infections due to cuts and abrasions. When the lymphatic system becomes overloaded, fluid builds up and stagnates causing the system to become toxic, making us feel sluggish and more susceptible to illness. Through this treatment, the flow of lymph, and therefore the elimination of toxins, is increased.

### *Doesn't my Lymphatic System work without LDM treatment?*

The lymph fluid does not have a pump and relies mainly on muscle movement to circulate, unlike your blood which is circulated by the heart. Lymph Drainage Massage (LDM) is especially good for those who suffer regularly from common illnesses like colds and flu. It is also recommended for people who lead sedentary lifestyles.

### *LDM Treatment has both physiological and emotional benefits:*

- is deeply relaxing
- increases the elimination of toxins
- helps to strengthen the immune system and reduce reoccurrence of colds and other illnesses
- improves the body's own healing mechanisms
- promotes the healing of fractures, sprains and lessens pain
- promotes healing of wounds, burns and scar tissue
- relieves fluid congestion: reduces swelling of sinuses, puffiness of tired eyes, etc

### *Is there any reason why I should not have treatment?*

There are some serious illnesses or conditions, including active cancer and conditions of the heart that would prevent you having LDM. Your therapist will have a full consultation with you at your first treatment and advise you if there is any reason for you not to receive LDM, or if medical advice should be gained from your GP first.

*Continued.....*

### *What is LDM treatment like?*

Unlike other massage treatments, LDM massage uses a very light pressure combined with soft pumping movements in the direction of the lymph nodes.

Further to the consultation with your therapist, a treatment plan will be determined, including the frequency of future sessions. The length of treatment can be anywhere between 45 minutes when concentrating on a localized area, or up to two hours when working on the whole body.

Although no oils are used, the treatment involves contact with the skin, therefore most people undress to their underwear and are asked to remove jewellery. Your therapist will give you privacy to undress and during treatment you are covered except for the area being worked on.

### *What should I do during a massage?*

Make yourself comfortable. If your therapist wants you to adjust your position, she will either lift you (for instance, lift your arm) or will tell you what is needed. Otherwise, feel free to change your position anytime to make yourself more comfortable.

Many people just close their eyes and relax completely during a session; others prefer to talk. It's your treatment, and whatever feels natural to you is the best way to relax. The desire to sigh or take a deep breath is a sign that you are relaxing. In fact, deep breaths can actually help you relax.

### *How will a massage feel?*

LDM treatment requires a very light touch, this is because the lymphatic system is mainly located just below the skin. Various different strokes are used during the treatment in a slow, repetitive motion, which also enhances relaxation.

### *How long is a session & how much does it cost?*

An hour is a common session length, although longer sessions maybe required when covering more areas. Your therapist will advise you, including the suggested frequency of treatments. The cost for one hour is £35.

### *What should I expect afterwards?*

An LDM treatment can be profoundly relaxing. Give yourself time before slowly getting up off the couch. Your therapist will advise you to drink plenty of water after the treatment to assist with the elimination of toxins from the body.

It is very common to experience an increase in urination after treatment and is another reason to replenish your body with fluid.

After an initial period of feeling slowed down, people often experience an increase in energy that can last for several days.

Try to relax for sometime after your treatment. Avoid strenuous activity on the day of treatment.

Avoid stimulants, such as caffeine, tea, coffee, alcohol, fizzy drinks, for up to 24 hours after a treatment.

Avoid eating a heavy meal soon after your treatment. A light meal, salad for instance, will help your body get the most out of the treatment.

To maintain a good lymphatic system it is recommended to carry out dry body brushing. Your therapist can advise you about this, please ask.



My name is Sarah Williams APNT, ITEC and I am a qualified LDM Practitioner at the Massage & Wellbeing Centre, 18 Gandy St, Exeter EX4 3LS I also offer Therapeutic Massage.  
For further information please call me on 07790 031326  
[www.massageandwellbeing.co.uk](http://www.massageandwellbeing.co.uk)