

## Lymphatic Stimulation & Drainage Treatment

This specialized treatment focuses on **stimulating the lymphatic system** to encourage the natural movement and drainage of lymph fluid, helping to **clear out congestion in the lymph nodes**. By manually or gently activating lymph flow, we help the body release built-up waste, toxins, and excess fluid that may be slowing down your immune and circulatory systems.

Once the lymph nodes are cleared and the pathways are opened, the body is better able to **receive and circulate fresh, nutrient-rich lymph fluid**, supporting overall wellness, immune function, and reduced swelling or puffiness.

### Follow with Pressotherapy for a Complete Flush

For best results, this treatment is ideally followed by a session of **pressotherapy**—a gentle, air-compression therapy that rhythmically stimulates the body's lymphatic flow. This helps **flush out remaining toxins** and encourages **deep detoxification**, enhancing the benefits of lymphatic stimulation and giving the lymph nodes a complete and effective cleanse.



#### Benefits Include:

- Clears stagnant lymph and detoxifies the body
- Reduces swelling, bloating, and fluid retention
- Boosts immune response and circulation
- Supports post-surgery or post-travel recovery

skin to muscle  
THERAPY  
Unwind. Rebuild. Glow