



THE

LYMPHATIC MASSAGE

E-BOOK

ABOUT US

We are a small business based in the heart of Texas. After spending thousands of dollars on acne treatments that didn't work, our founder, Hannah Rose, found lymphatic drainage and found incredible results on her skin.

This led her to the intriguing (and largely unknown!) world of lymphatic massage and drainage.

She found there were many tools and lymphatic massage modalities that helped her in her journey, and put together some of the best ones for you here.

We hope you love your kit!



CONTENTS

1. WHAT'S IN YOUR KIT
2. WHAT IS THE LYMPHATIC SYSTEM?
3. WHY TRY LYMPHATIC MASSAGE
4. LYMPHATIC MASSAGE VS.
TRADITIONAL MASSAGE
5. WOODEN BACK ROLLER
6. DRY BRUSH
7. WOODEN GUA SHA
8. JADE GUA SHA
9. SILICONE FACIAL CUP
10. MASSAGE OILS & RECIPES
11. FAQs AND PROBLEM SOLVING



LOOK FOR OUR QUICK TIPS!

Throughout this book are quick tips with this symbol!



For example:



Before you get started - if you find your brush bristles to be too stiff, there's a way to soften them! Flip to the FAQs section for more.

**If you have any other questions,
always feel free to reach out to us on
Amazon or at [hello@abundantly-
made.com](mailto:hello@abundantly-made.com)**



WHAT'S IN YOUR KIT

Here's your kit! We will get to each of these in turn.
Meanwhile, let's talk about the lymphatic system



WHAT IS THE LYMPHATIC SYSTEM?



The lymphatic system is the forgotten circulatory and immune system.

It is like a **backup circulatory system that plays a big role in keeping us healthy, but instead of circulating blood, it circulates lymph.** This helps with our immune system and keeps our body's fluid levels in balance. The lymphatic system is made up of lymph vessels, nodes, and organs like the spleen.





WHAT IS THE LYMPHATIC SYSTEM?

One of its main jobs is to collect extra fluid from our tissues and return it to the bloodstream, which helps prevent swelling. The fluid it carries, called lymph, is full of white blood cells. As it moves through the lymph nodes, these nodes filter out harmful bacteria, helping us fight infections.

The lymphatic system also helps absorb fats from the small intestine and gets rid of waste from tissues that may cause issues like acne or cellulite. **By moving immune cells and nutrients around, it supports our overall health and helps protect us from illnesses**

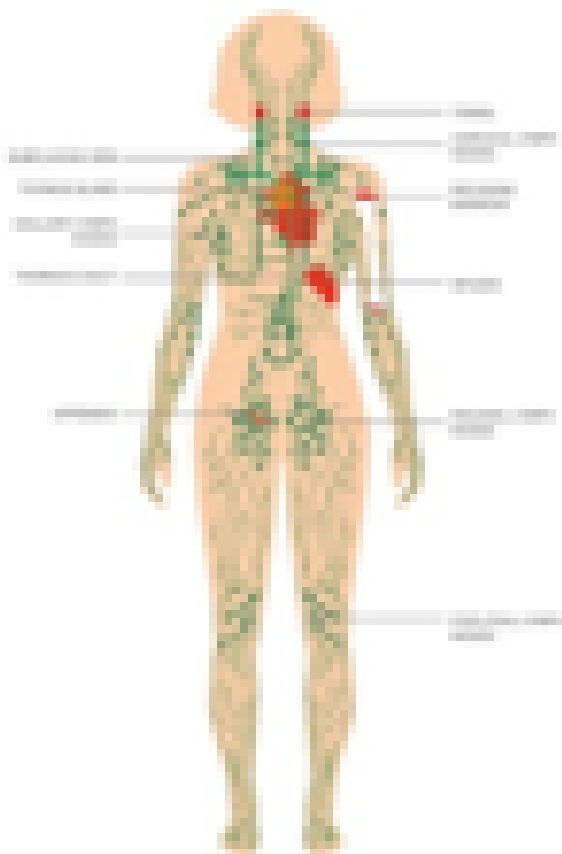
Unfortunately lymph can sometimes get “clogged” or stagnant. This can lead to a multitude of health problems.



WHAT IS THE LYMPHATIC SYSTEM?



Look at the diagram below -- see how it looks just like a circulatory system?





WHY TRY LYMPHATIC MASSAGE?

Lymphatic massage can greatly benefit your health!

Stagnant lymph can cause you to feel bloated, swollen, or puffy, or even cause issues like acne and cellulite.

Regular lymphatic massage can:

- *Reduce swelling, water retention, and puffiness*
- *Reduce the appearance of lymphedema*
- *Boost immune system function*
- *Detoxify the body naturally*
- *Speed up the healing process*
- *Enhance skin health/appearance (including acne)*
- *Relieve stress and tension*
- *Aid post-surgery recovery*

Remember, always consult a healthcare professional before starting any new treatment!





LYMPHATIC MASSAGE VS. TRADITIONAL MASSAGE

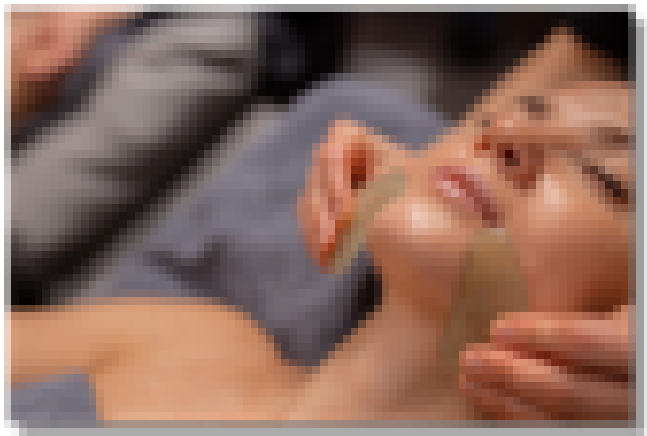
Unlike regular massages that use firmer, deeper pressure to target muscles and relieve tension, lymphatic massage focuses on very light, rhythmic movements.

The main idea is to encourage the natural flow of lymph fluid, which can get sluggish due to factors like surgery, illness, or inactivity. **Lymphatic massage uses soft, gliding strokes and gentle pumping motions that follow the direction of the lymphatic pathways,** helping to clear blockages and move excess fluid toward the lymph nodes, where it can be processed and removed from the body.



LYMPHATIC MASSAGE VS. “REGULAR” MASSAGE

The pressure in lymphatic massage is so light that it almost feels like a soft brushing or stroking of the skin. Too heavy and it actually closes off the lymph vessels. It should be relaxing and aim to stimulate circulation without causing discomfort. This is in contrast to muscle massage, which is much firmer.



The good thing, is your tools in this kit can do both!
Use them for light lymphatic drainage or firmer massage as you feel fit:)

WHAT'S IN YOUR KIT



We are now going to go through each tool in your kit.

We'll have one page on what the tool is and why it helps, and then a page or two on how to use it!

We can't include videos in this e-book, but we have included YouTubes you can access via the QR code in your kit, or go directly to

<https://www.youtube.com/@AbundantlyMade>

Let's get going!

About the Wooden Back Roller



This extra-long 41" back roller (some people call it a “massager belt”) can get to all kinds of hard-to-reach places, including your back, glutes, and neck.

- **Relieves Muscle Tension & Stress:** The rhythmic use of roller balls gently ease tight muscles and reduce pain, promoting relaxation and comfort.
- **Improves Lymph & Blood Circulation:** The light rolling movement helps stimulate lymph and blood flow, which helps nourish muscles and skin.
- **Enhances Flexibility:** Regular use can improve your range of motion and overall flexibility (get a good stretch!).

It just feels good!



Using the Wooden Back Roller

1. **Warm-Up:** Gently warm up your back muscles with light stretching or a warm towel to prepare for the massage.
2. **Position the Roller:** Stand or sit in a comfortable position and place the roller against your back, holding the handles firmly. If you want a shorter length, you can grasp the roller balls themselves!
3. **Roll with Control:** Apply gentle pressure and roll the massager along your back, neck, legs, or glutes, focusing on tight or sore areas. Try to move the roller towards the heart for the best lymphatic drainage.
4. **Cool Down and Stretch:** After the massage, do some light stretching to further relax your muscles and enhance flexibility.



Remember this tool is used for lighter, rolling, stretching massage, and not as much deep tissue (use our wooden gua sha for that!). You'll use it lightly -- pull really hard and it could break. (If it does though, let us know so we can replace it, as we know mistakes happen!)

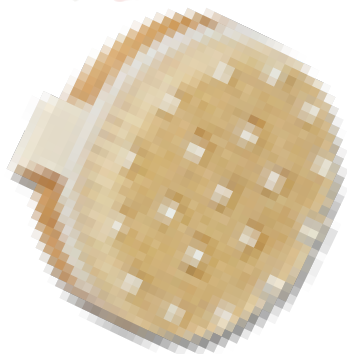


Using the Wooden Back Roller

Use it all over your body! Try it on
your neck, thighs, back, glutes,
calves, and waist.



About the Dry Brush with Massage Nodules



Dry brushing is an age-old technique for improving your skin health and appearance - think of it like exercise for your skin! We often exfoliate our face, but we easily forget our body needs the same thing.

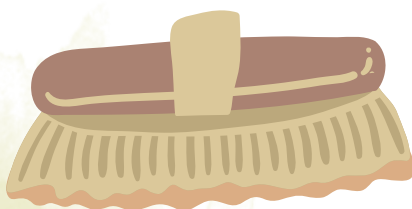
Our brush includes massage nodules to assist with the massaging, lymphatic drainage, and circulation process.

- **Exfoliates Dead Skin:** Removes dead skin cells, revealing smoother, more radiant skin.
- **Boosts Circulation & Collagen:** Stimulates blood flow & collagen, which can improve skin tone, reduce stretch marks, reduce old scars, and tighten loose skin.
- **Enhances Lymphatic Drainage:** Promotes the removal of toxins and supports the immune system.
- **Reduces Cellulite:** Helps break down fat deposits, leading to a reduction in the appearance of cellulite.



Using the Dry Brush

- **Dry Skin Prep:** Ensure your skin is completely dry before starting, ideally before showering, to maximize exfoliation and lymphatic benefits. When we say dry brushing, we really do mean dry!
- **Start from the Feet:** Begin at your feet and brush upwards toward your heart using long, sweeping strokes. Use gentle pressure to avoid skin irritation.



Remember you can soften the bristles on your brush if they feel too stiff. You'll soak it in hot water and/or hair conditioner for 10-20 minutes. See more in our FAQs!

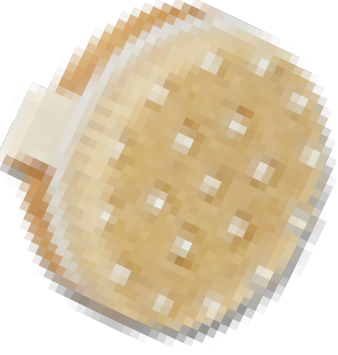


Using the Dry Brush

- **Brush Towards the Heart:** Continue brushing in upward motions, moving from your legs to your arms, chest, and back. Always brush towards your heart to support lymphatic flow.
- **Repeat:** If you are comfortable, you can go over each area multiple times but don't irritate your skin!
- **Shower and Moisturize:** After brushing, shower to rinse off dead skin cells. Finish by applying a moisturizer to keep your skin hydrated and smooth.



Well done!




Using the Dry Brush



Remember to start light! The bristles are stiff, and if you find it uncomfortable just go lighter at first. As your skin gets used to it, you can use more and more pressure.

*Use caution if you have inflamed or sensitive skin.
Never brush over a wound or open, broken skin and
stop if the brushing hurts!*

*This brush is not designed to be used on the face -
keep a lookout for our lymphatic massage and
brushing kit for the face, coming soon!*



About the Large Wooden Gua Sha for the Body

Our wooden body gua sha tool offers so many health benefits!

By using it gently and towards the heart, **you stimulate the lymphatic system**, which we've talked about at length.

You can also use much stronger pressure for **deep tissue massage and knot relief** also due to its strong wooden construction. The smooth, rounded edges of the tool allow you to apply strong pressure, which works to release tightness and knots.

Over time, regular use can even help reduce the appearance of cellulite by **breaking up fascia**, the connective tissue beneath the skin.

The natural wood is double-treated for smoothness to be gentle and non-irritating, so it can support every skin type.

Using the Large Gua Sha

Begin by applying a light layer of an oil, such as coconut oil, to the skin to ensure smooth movement of the tool. **Hold the gua sha tool at a 15-degree angle to the skin so it glides easily**

Start at the neck, using gentle, upward strokes towards the jawline to stimulate lymphatic flow. Move to the shoulders and chest, guiding the tool towards the heart with long, sweeping motions. This helps to direct the lymphatic fluid towards the major lymph nodes for effective drainage.

Next, focus on the arms and legs. Use long, upward strokes from the hands to the shoulders and from the feet to the thighs, always moving towards the heart. Pay special attention to areas with lymph nodes, such as the inner elbows and behind the knees, using gentle, circular motions to stimulate these points.

Be consistent but gentle to avoid bruising or irritation.

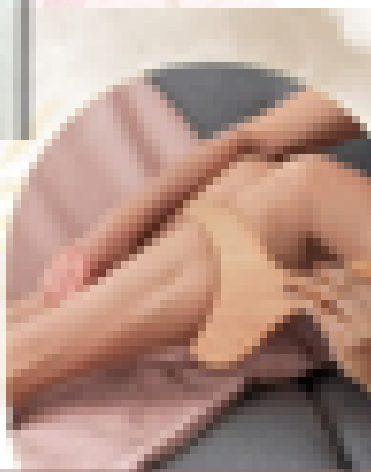
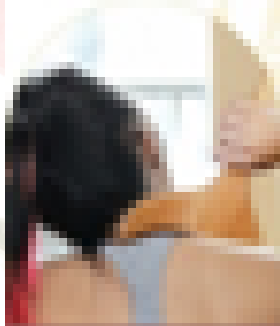
Remember to stay hydrated to help flush out toxins, and clean the gua sha tool thoroughly after each use to maintain hygiene.



Remember this tool is designed with different curves to match different parts of your body. Turn and angle it as needed!

Using the Large Gua Sha

The large wooden gua sha feels amazing everywhere!



Large wooden



Small wooden



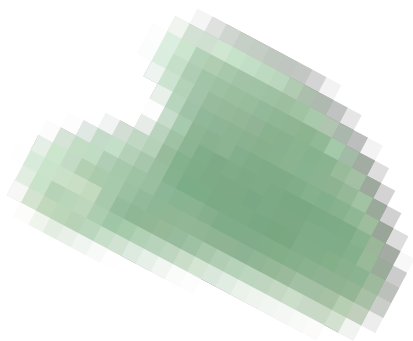
Heart-shaped



Large wooden



About the Small Jade Gua Sha for Face



HELP REDUCE SINUS PRESSURE

REDUCES PUFFINESS

RELIEVES TENSION IN FACE


REDUCES INFLAMMATION

REDUCES LYMPHATIC-BASED ACNE

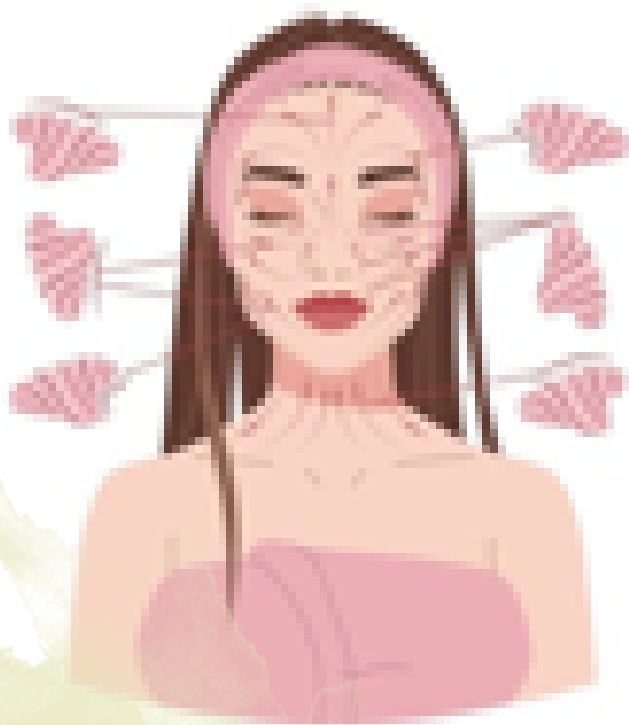
Using a jade gua sha scraping tool can be a game-changer for your face health.

It helps improve blood circulation, giving you a **natural glow**. This increased circulation can also aid in **reducing acne** by helping to clear out toxins, stagnant lymph, and inflammation.

As you gently scrape, the tool encourages lymphatic drainage, which **reduces puffiness and helps tighten your skin**, making it look firmer and more toned over time. Regular use can also help to **smooth out fine lines and wrinkles**, as the massaging motion stimulates collagen production. Plus, the coolness of jade has a soothing effect, **reducing redness and irritation**.



Using the Small Jade Gua Sha



Apply an oil to the face and neck. Hold the gua sha tool with the curved side to your face and glide it gently up and out, starting with the neck, jawline, chin, and around the mouth, between 3 and 5 times per area.

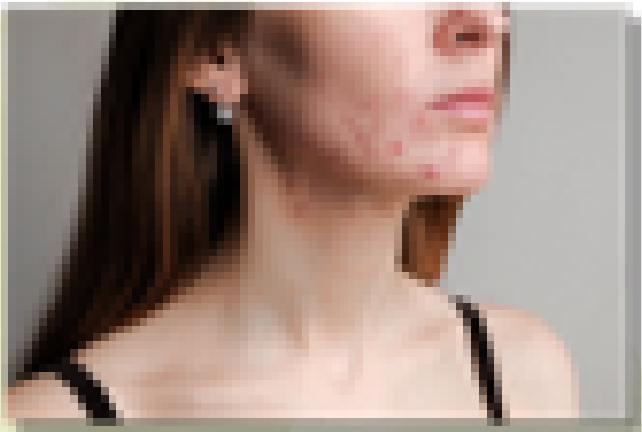
Move to the cheek area, under eyes, eyebrows and on forehead in the direction shown on the diagram.



Using the Jade Gua Sha for Acne

Clogged lymph can cause acne by trapping toxins and waste under the skin, leading to inflammation and breakouts. Poor lymphatic drainage hinders the removal of these impurities, which can result in congested pores and acne. Effective lymph flow is essential for clear, healthy skin.

We have found using the jade gua sha and the silicone cup can greatly improve stubborn acne, especially acne around lymph nodes near the neck and along the jawline. This is actually the reason we got into lymphatic massage!





About the Silicone Facial Cup

The small silicone facial cup is an excellent tool for facial cupping, a gentle massage technique that offers numerous skin benefits.

By creating a light suction on your skin, these cups increase blood circulation and **stimulate collagen production**, pulling the skin lightly up and out versus scraping, like the gua sha. This helps improve skin elasticity and reduce the appearance of fine lines and wrinkles.

This process also encourages **lymphatic drainage**, helping to reduce puffiness and swelling, especially around the eyes. Facial cupping can even help to **clear out toxins, lessen acne, and improve the absorption of skincare products**, making your routine more effective.





About the Silicone Facial Cup

The gentle suction also **helps to relax facial muscles**, which can relieve tension and leave your skin looking more refreshed and radiant, reducing wrinkles too!

Using silicone cups is easy, and **since they're soft, they glide smoothly over your skin without causing discomfort**. It's a simple, relaxing way to boost your skin's health and glow.





Using the Silicone Facial Cup

Using a small silicone facial cup is simple and effective!

- Start with clean skin and apply a generous amount of facial oil or serum to help the cup glide smoothly. (You can also do it in the shower!)
- **Gently squeeze the cup to create a slight suction and place it on your skin.** Begin with light, upward strokes, starting from your chin and moving towards your cheeks, then glide from the center of your forehead outwards. For delicate areas like around the eyes, use very light pressure.
- Always move the cup in an upward and outward direction to encourage lifting. Use it for about 5-10 minutes, 2-3 times a week.

You will use the same patterns as with the jade gua sha scraper you learned earlier!



Using the Silicone Facial Cup



Remember this tool is designed to be small and gentle for your face, but you can absolutely use it on the rest of your body. It is amazing on the neck and chest, and it feels especially relaxing on the stomach! See our YouTube tutorial playlist for more.





Massage Oils

Oils can make your lymphatic massage more comfortable as well as enhance its health benefits. Choose essential oils like peppermint, lemon, or juniper berry, and dilute a few drops in a carrier or “base” oil such as jojoba or almond oil. Warm the mixture between your hands and use light, rhythmic strokes towards the heart to encourage lymph flow.

It is also important to use oils to help the tools slide easily and pain-free over your skin.

Stay hydrated before and after the massage to aid toxin elimination. Regular sessions can boost the immune system, reduce swelling, and promote relaxation.

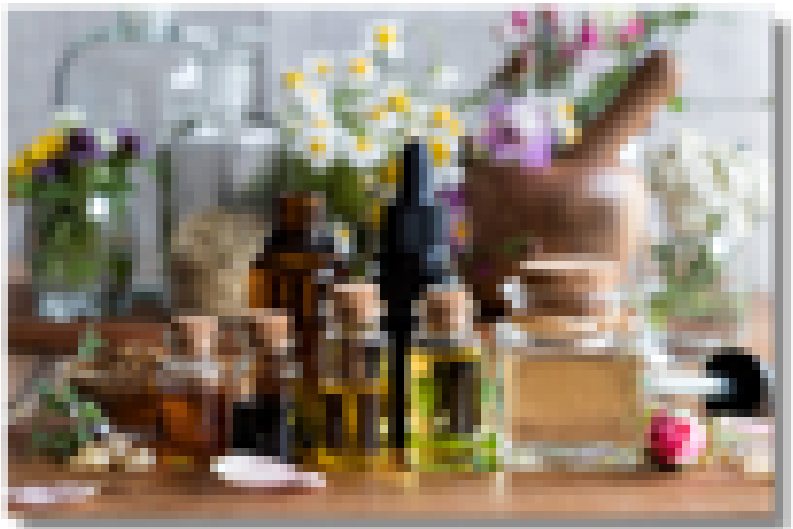


base oils

- COCONUT OIL
- JOJOBA OIL
- ALMOND OIL
- AVOCADO OIL
- OLIVE OIL

Massage Oils

A “base oil” is the main oil you will mix essential oils into. This helps dilute the essential oil and prevent skin irritation. You can always use the base oils on their own too!





*Here are some
incredible esesntial oils
to help you get started!
Find them on Amazon
or at your local health
food or vitality stores.*

essential oils

- MARJORAM
- CHAMOMILE
- PEPPERMINT
- JUNIPER
- GINGER
- MYRRH
- ROSEMARY
- HELICHRYSUM
- GERANIUM
- LAVENDER
- FRANKINCENSE
- EUCALYPTUS
- JASMINE
- PINE
- BASIL
- JUNIPER
- LEMON
- CLARY SAGE
- BERGAMOT
- YLANG YLANG
- LAVENDER
- SANDLEWOOD
- VALERIAN
- CINNAMON
- ROSE
- VANILLA



Oil Blends

Muscle Relaxation

4 drops Marjoram oil
4 drops Chamomile oil
2 drops Peppermint
oil

Stress Relief

3 drops Lavender oil
2 drops Valerian oil
2 drops Sandalwood oil

Ease Pain

5 drops Juniper oil
3 drops Ginger oil

Clarity

3 drops Lavender oil
2 drops Frankincense oil
2 drops Cinnamon oil

Muscle Soreness

2 drops Myrrh oil
4 drops Rosemary oil
2 drops Helichrysum oil

Deep Breathing

3 drops Frenkincense oil
4 drops Eucalyptus

Mind clearing

3 drops Basil oil
4 drops Juniper oil
3 drops Lemon oil

Please use a base oil with all of these recipes!



Extra Resources

This e-book is only meant to be a brief introduction into the wide world that is lymphatic drainage and massage!

- If you'd like to learn more, go to our **YouTube channel** at <https://www.youtube.com/@AbundantlyMade> to see our playlists we have curated from amazing people from around the globe using lymphatic drainage tools.
- You can also find **many books available on Amazon and Kindle** that go into far deeper detail on lymphatic massage, drainage, and the lymphatic system overall.
- Finally, look up **lymphatic massage therapists** in your area -- it is an incredible way to have your health supported by a professional!

That's it 😊

Thank you! It was our pleasure to create this lymphatic drainage kit for you after we personally found relief from health complaints in our own lives by focusing on lymphatic drainage.


If you have any questions or concerns, please feel free to reach out, we would love to hear from you. **We are real people (we'll even send you cat memes if you ask!) and we want to make sure everything is perfect with your kit.**

As always, please consult your doctor if you have health concerns. Our kit is meant to support professional healthcare and to assist you in living your most healthy and abundant life.

Thank you again! We hope you love it!

*Sincerely,
Hannah Rose from Abundantly Made™*





Promise

**IF YOU KEEP SEARCHING FOR EVERYTHING
BEAUTIFUL IN THIS WORLD, YOU WILL
EVENTUALLY BECOME IT.”**

tyler clark kent