

Manual Lymphatic Drainage Massage Advice Sheet

Manual Lymph drainage (MLD), is a technique developed by the Vodders in 1936 in Paris for treatment of swollen lymph nodes.

MLD is a light, skin-stretching massage that helps promote the movement of lymphatic fluid out of the swollen limb. It should not be confused with a traditional massage. MLD is specifically focused on the lymph vessels to help the flow of lymphatic fluid. Therapy is applied to your unaffected areas first, making it possible for the fluid to move out of the affected area, or “decongest” the region.

Efficient functioning of the lymph system is essential to eliminate excess wastes in our bodies and help the body function optimally. This massage can benefit anyone from healthy clients who want an immunity boost, are dieting or detoxing to those who have had cosmetic surgery as well as cancer patients.

One of the main benefits of the lymph system is the removal of harmful waste and toxins from the body. For this to occur, lymph has to be flowing smoothly. If you’ve been getting sick more often lately, it could be your lymph nodes to blame. Regular treatments can be very beneficial for long-term health, and the treatment itself is not painful.

Intended benefits

- Strengthened Immune System
- Energy boost
- Improved Sleep
- Resolved Sinus Issues
- Lymphedema Prevention
- Healing After Surgery
- Reduction of Swelling in the Legs
- Skin conditions; acne rosacea, scarring from surgery
- Migraines, anxiety and stress relief
- Tension
- Oedema
- Cellulite
- Aches and pains i.e. Fibromyalgia
- Digestive problems

Contraindications

- Fever
- Contagious or infectious diseases
- Under the influence of recreational drugs or alcohol
- Diarrhoea and vomiting
- Menstruating
- First 3 months of pregnancy
- Diabetes
- Low/ High Blood pressure
- Skin diseases
- Undiagnosed lumps and bumps
- Inflammation
- Undiagnosed pain
- Asthma
- Infectious skin disease
- Epilepsy
- Thrombosis
- Oedema
- Hyperactive thyroid
- Arthritis
- Tuberculosis

Aftercare Advice

To ensure that you gain maximum benefit from a treatment, I recommend that you:

- Loosen tight clothing – this inhibits lymph flow
- Increase the amount of water you drink over the next few days – the body will be in a state of high toxicity for a few days after the treatment
- Reduce your caffeine intake (coffee, tea, colas)
- Avoid alcohol for 24 hours
- Try to cut down on smoking
- Make time to rest and relax – this allows the blood pressure to return to normal if it has dropped during a treatment
- Regular exercise helps with muscle contraction, therefore lymph flow (i.e. walking)
- Deep diaphragmatic breathing also helps to promote healthy lymph flow. Around 10-15mins a day with legs elevated is beneficial for lymph congestion
- Diet is important: a light diet of raw foods is recommended for a healthy lymphatic system – poor diets are a contributing factor to poor lymphatic drainage
- Schedule regular MLD massages – This decreases recovery time and improves results, by reducing post-surgical swelling and fibrosis (scar tissue formation).

Occasionally, you may experience reactions when the body begins its self-healing process and elimination of toxins. These reactions may include:

- Frequent visits to the toilet
- Runny nose and/or cough
- Slight rash as the skin rebalances
- Perspiration – another way that the body can excrete waste
- Conditions which have been suppressed may flare up temporarily before they heal
- Deep sleep or difficulty sleeping and vivid dreams

These reactions are only temporary and should clear within 24-48 hours. They are positive signals that your body has responded to the treatment and is balancing itself.

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