



■ Lymphatic Drainage Pre & Post Care Instructions

■ Before Your Session (Pre-Care)

- Drink plenty of water the day before and the day of your session.
- Avoid heavy meals, alcohol, and caffeine 24 hours prior.
- Wear loose, comfortable clothing.
- If possible, lightly exfoliate your skin the day before for best results.
- Consult with your provider if you are pregnant, have infections, or medical conditions.

■ After Your Session (Post-Care)

- Drink at least 1–2 liters of water throughout the day to help flush toxins.
- Avoid alcohol, caffeine, and heavy meals for 24 hours.
- Gentle movement like walking can help encourage lymphatic flow.
- Rest if you feel tired—detoxification may cause temporary fatigue.
- Keep skin hydrated with gentle moisturizers.
- Multiple sessions may be recommended for best results.

■ Lymphatic drainage supports detoxification, reduces swelling, and promotes overall wellness.