



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!



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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.

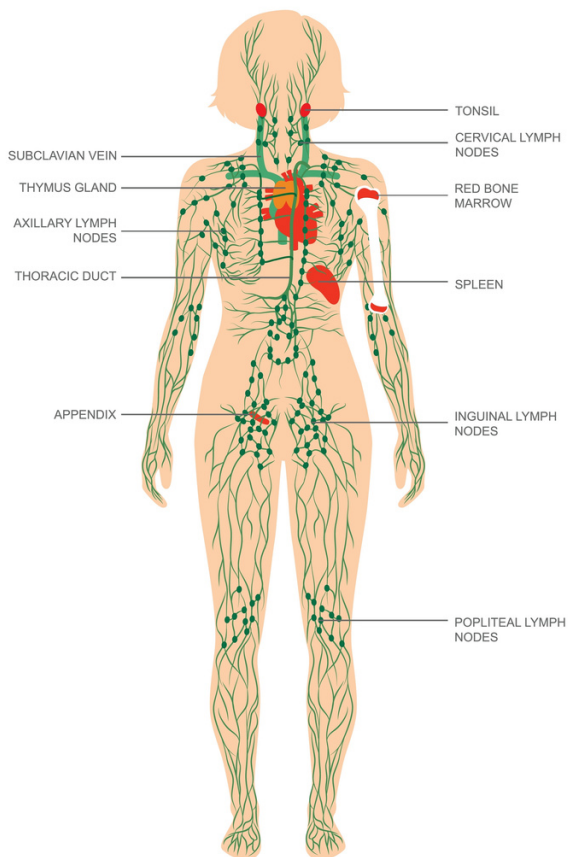
The lymphatic system also helps absorb fats from the small intestine and gets rid of waste from tissues that may cause issues like acne or cellulite. **By moving immune cells and nutrients around, it supports our overall health and helps protect us from illnesses**

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!

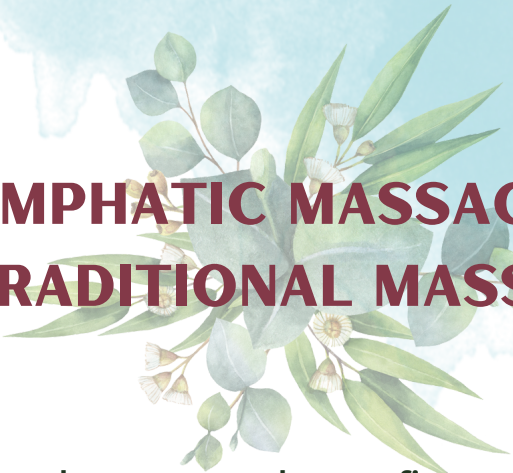
Stagnant lymph can cause you to feel bloated, swollen, or puffy, or even cause issues like acne and cellulite.

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.

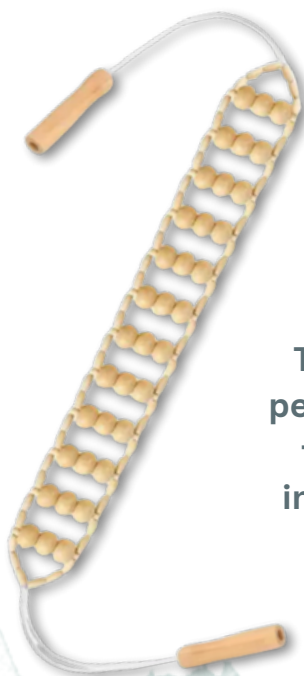
We'll have one page on what the tool is and why it helps, and then a page or two on how to use it!

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!

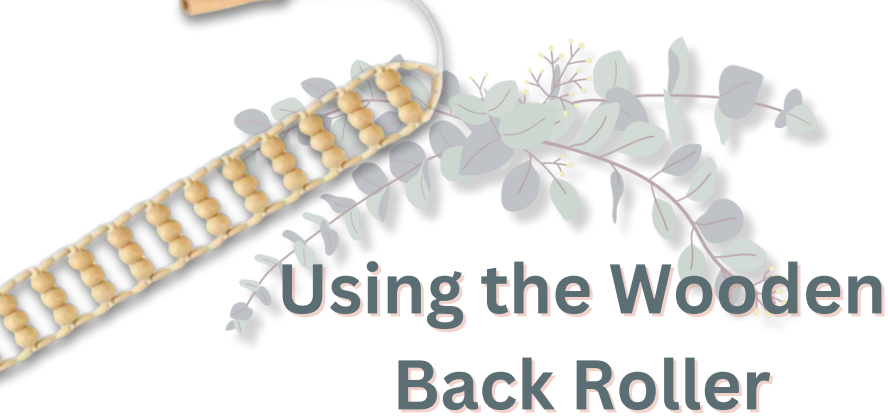


Using the Wooden Back Roller

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.

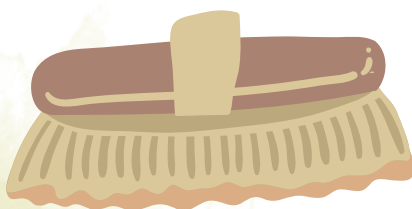
Our brush includes massage nodules to assist with the massaging, lymphatic drainage, and circulation process.

- **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!*