

Lymphatic-Reset Self-massage, taught by Daisy Lee and translated by Adrian to SUPPORT in-class learnings. This is NOT meant to teach this massage; please come to one of our free/donation-based classes and ask us to teach it in person if you haven't yet had the opportunity to learn it.

There are a total of 7 points that are massaged, with one done twice, so 8 total points are stimulated. The correct amount of pressure to use is the same amount of pressure it takes to move the skin over the surface of the muscles; any more pressure than that restricts lymphatic flow. Each point may be massaged/stimulated for 15 seconds (if you're in a hurry), or for 10 seconds 3 times, with a slight pause in between massage stimulation (ideal). Keep the breath long, slow, soft, and deep; the only time the breathing becomes regulated is while stimulating the cisterna calie. It is suggested that every morning is the best time to do this massage, but anytime that fits your schedule is fine. For those with very restricted lymph, you may do it up to 3x daily. Make sure to increase your water intake, and the amount of movement you get to help keep your lymphatic system moving.

The points, in the order that they're massaged:

- The termini, located above the collar bone on the soft part of the body where the neck and shoulders meet. Usually done with the arms crossed over the body, stimulating both at the same time.
- Tonsillar nodes, located below the ears, usually done at the same time with arms uncrossed, but do what is most comfortable for yourself.
- Lung 2 points, located just below the collar bone near the shoulder. Usually done with arms crossed over the body.
- Axillary, located in the deepest part of the armpit. Easiest done one at a time, ideally without wearing a bra
- Cisterna chyli, in the abdomen below the rib cage – found by placing the middle finger tip in the belly button, and stretching the thumb up onto the sternum – the cisterna chyli is roughly halfway between your middle finger and thumb. This point is deeper within the body, so takes more pressure to massage. This massage is done in a c or halfmoon shape, with the deepest pressure on the deepest part of the C or moon shape. Exhale as you press in, and inhale as you release the pressure. This point may be massaged 10 times, less than the others.
- Groin area. Place the thumbs just above the pubic bone. Use your fingers to gently “pull up”, moving from above the inguinal crease to down below it, then back up with a gentle pulling motion with your fingers.
- Behind the knees, in the soft spot. Can be done seated or standing, with leg slightly bent.

- Back to the termini, the first points stimulated.

After the massage, it is important to shake the body. That helps the lymph to continue moving. Remember the phrase “if it can wiggle, let it jiggle!”, and jiggle it if you can!

Do remember to drink plenty of fluids, with a balanced electrolyte content. Please reach out if you have any questions on this massage. Again, this resource is meant to SUPPORT having learned this massage in classes, not to teach it.