Clear stagnation
Soothe inflammation
Reclaim your flow

What is MLD?

Manual Lymphatic Drainage (MLD) is a gentle technique that stimulates the natural movement of lymphatic fluid. Based on the Dr. Vodder method, it uses precise, rhythmic strokes to reduce swelling, calm the nervous system, and support detoxification.

MLD is especially helpful for:

- Systemic inflammation
- Post-surgical swelling
- Chronic fatigue or brain fog
- Stress-related tension
- Gut-related stagnation

Unlike deep tissue massage, MLD works just beneath the surface, activating your body's own fluid-clearing pathways.

Booking & Contact

Ready to begin your lymphatic reset?

Book your 6-session series today:

Questions?

abgo.massage@gmail.com
559-791-8270
-
AB Go Massage Therapy
abgomassage.com

MASSAGE AB Go THERAPY

MEDICAL MASSAGE · SPORTS THERAPY · LYMPHATIC DRAINAGE

Manual Lymphatic Drainage Series

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Gentle
Rhythmic
Restorative

Benefits of a 6-Session MLD Series

Manual Lymphatic Drainage supports both the body's physiology and your sense of well-being.

Clients often experience:

- **Improved lymphatic circulation and fluid balance**
- **Reduced swelling, inflammation, and post-surgical discomfort**
- **Calmer nervous system and deeper relaxation**
- **Renewed energy, clarity, and mental focus**
- **Enhanced recovery and long-term resilience**

The Treatment Plan

6 sessions · 60 minutes each

Scheduled every 3 days

These six sessions alternate areas of focus to maximize fluid movement and restorative integration.

Session 1: Full Body Flush

Overall drainage & baseline reset

Session 2: Upper Body Focus

Chest, arms, axillae, shoulders

Session 3: Lower Body Focus

Abdomen, pelvis, legs, feet

Session 4: Posterior Chain

Back, glutes, spinal-adjacent areas

Session 5: Neck + Face Emphasis

Jaw, sinus, scalp, occipital release

Session 6: Integration Session

Combine your most responsive areas

About our Therapist

Ashley Browne, LMT, blends advanced training with a deep connection to the transformative power of massage.

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She focuses on pain management, relaxation, and client education, creating personalized sessions that empower people to care for their bodies long-term.

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Informed by her years as a professional dancer, Ashley brings a refined understanding of movement and alignment to every session.

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CAMTC Certificate no. 96467
NYSMT License no. 032194-01