



# Understanding Manual Lymphatic Drainage

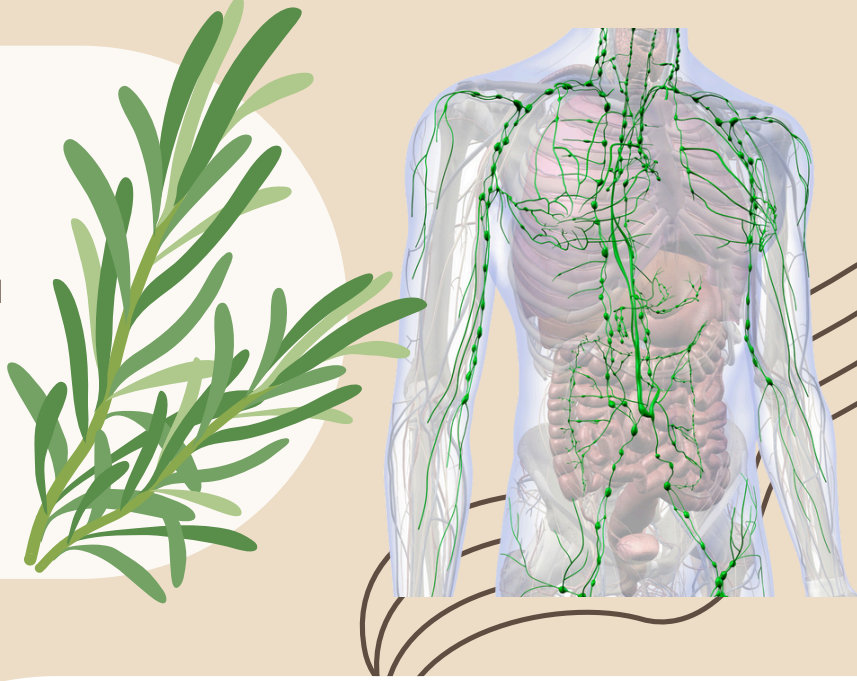
More than buzz words and part of the latest trends for wellness, manual lymphatic drainage has so much to offer!

The myriad of benefits have been well documented by many journals and papers over decades. Here's a brief summary of what it is and why it's so important!

What does the Lymphatic System Do? Learn its function & how it works. (2023). Cleveland Clinic. <https://my.clevelandclinic.org/health/body/21199-lymphatic-system>  
Xu JQ, Liu QQ, Huang SY, Duan CY, Lu HB, Cao Y, Hu JZ. The lymphatic system: a therapeutic target for central nervous system disorders. Neural Regen Res. 2023 Jun;18(6):1249-1256. doi: 10.4103/1673-5374.355741. PMID: 36453401; PMCID: PMC9838139.

## What it is

The lymphatic system covers the entire body, mainly right under our skin. It is involved in fluid balance, waste removal, and immunity. The lymphatic system is also responsible for carrying fats from the intestines into the bloodstream.

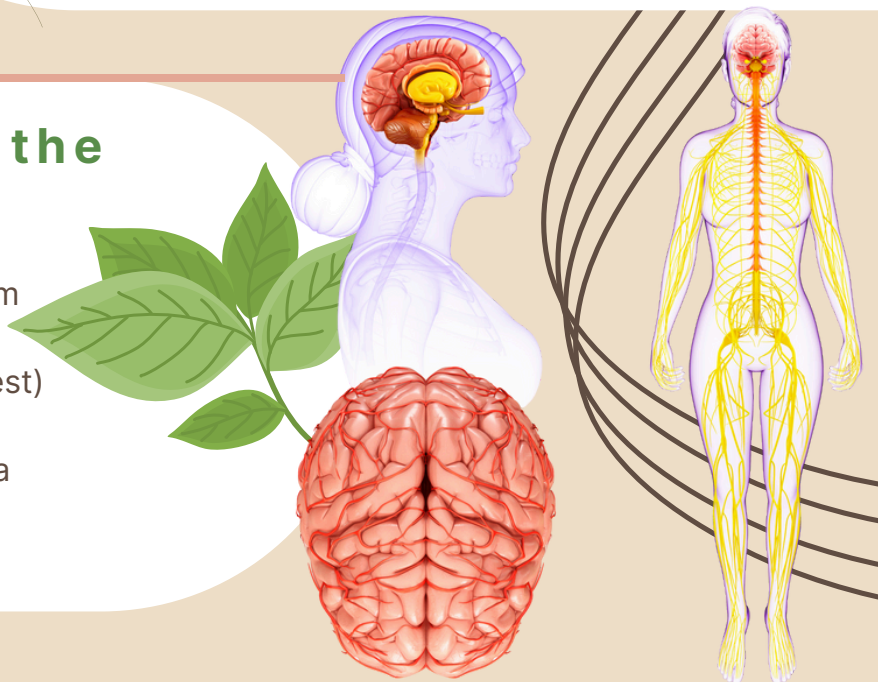


## How it works

The lymphatic system moves fluid from around our cells and organs back into the bloodstream. Before doing this, lymph nodes remove wastes and abnormal cells (hence the detox benefit of MLD). Meningeal lymphatic vessels surround the brain and spinal cord, playing an important role in neuroimmunity and clearance of neurotoxic substances.

## How it is connected to the Nervous System

MLD soothes the sympathetic nervous system (fight or flight), thereby allowing the parasympathetic nervous system (rest & digest) to take over, leading to feelings of peace, wellness, and deep relaxation. This makes it a powerful therapy to combat stress, anxiety, insomnia and other nervous-related issues.



## How MLD supports our health

The lymphatic system has no pump of its own; it relies on the movement of muscles to move lymph fluid. It can become sluggish, congested or clogged due to stress, lack of exercise, toxins, improper diet, prescription drugs, surgery, etc. This often leads to impaired immunity and disease. Unlike massage, MLD uses very light touch, moving just the skin to produce benefits.

## The role of Manual Lymphatic Drainage

Lymphatic drainage helps move sluggish lymph fluid, improving general health and supporting the immune system. The benefits include reduction in swelling, bruising, and inflammation after injury or surgery. It promotes natural healing & wellness, relieves pain, sinusitis, headaches, constipation. Alleviates stress, depression, and significantly improves sleep.



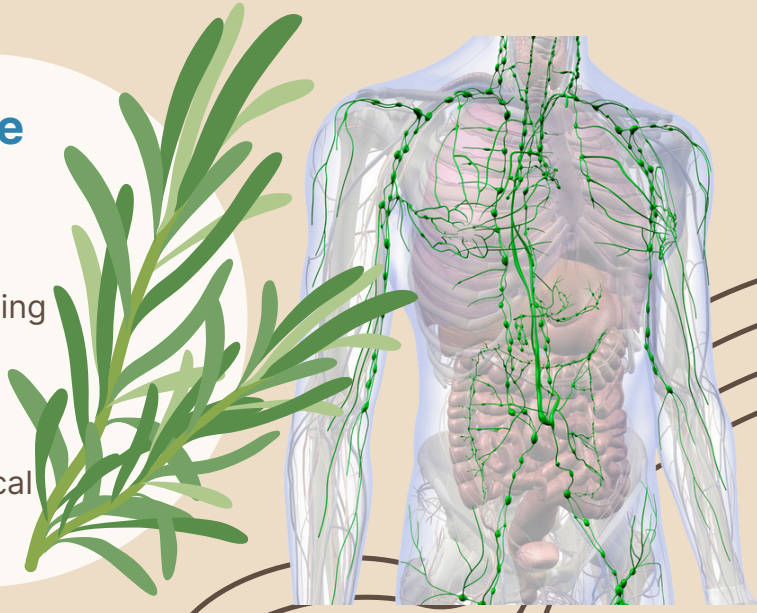
# Manual Lymphatic Drainage & Brazilian Lymphatic Massage



Two well-known manual therapies for general wellness, both focusing on the lymphatic system. Their common goal is to facilitate the elimination of excess fluid, thereby reducing swelling. They both share a detoxifying effect, improve immunity, and aid in general wellness. How are they different?

## Manual Lymphatic Drainage is NOT massage

Vodder-Method lymphatic drainage helps move fluid within the lymphatic system using a light, skin-stretching technique. It boosts the immune system, aids in toxin removal, reduces puffiness and bloating, supports metabolism, reduces stress, and improves sleep. It is indicated for many autoimmune conditions, neurological conditions, and before and after surgery.



## Brazilian Lymphatic Massage

Brazilian lymphatic massage incorporates customized maneuvers. It is a gentle yet vigorous massage that can provide several benefits such as reducing excess fluid retention and accentuating the body's curves. While both techniques share the same principles of stimulating lymphatic flow, this specialized approach can lead to more effective visual outcomes.



## Main goal of Brazilian method

The Brazilian method is focused on body-sculpting techniques, primarily designed for cosmetic purposes. It can produce immediate and outstanding results, both therapeutically and aesthetically. As it moves excess fluid and cellular wastes, it can help reduce the appearance of bloating and cellulite.



## Contraindications

Both methods of lymphatic drainage are contraindicated for the following conditions: severe skin infections such as cellulitis, any contagious infection, flu/fever, blood clots, major organ failure (heart, liver, kidneys), high risk pregnancy. Face lymphatic drainage is contraindicated after Botox injections or fillers.



## Recommendations for best results

Results are progressive with multiple sessions, and healthy habits are very important to improve and maintain results. Adequate hydration, 2-3 liters of water per day, is the number one recommendation. Avoiding processed and fried foods, especially before each session, will help ensure better outcomes and a more pleasant experience.



# Noninvasive Body Sculpting Technology



Tools utilized to enhance aesthetic results of a healthy, active lifestyle.

Targets stubborn fat and utilizes the lymphatic system to cleanse and flush wastes.

At Massage Is Therapy, these sculpting tools are used alongside a Brazilian Lymphatic Massage for greater health benefits. We wouldn't have it any other way!

## Ultrasonic Cavitation

Heat and ultrasound waves penetrate the skin and break down stubborn fat, converting it first into small pieces, then into a liquid substance that leaves the body mainly through the lymphatic system and urinary tract. This is a non-surgical, safe method of reducing cellulite and localized fat. It is important to note the client will experience an inner ringing in the ear during the treatment. Proper hydration is essential before and after each treatment.



## Radio Frequency

Radio Frequency heats the skin to 104-110 degrees (F), which safely and comfortably minimizes the appearance of cellulite. This helps tighten the skin and improve the contours of the area. RF also targets the fat cells themselves, causing them to shrink in size, which has the effect of slimming down the target area.



## Vacuum RF

Vacuum RF therapy uses suction and pressure to release the fluids in the fat cells that cause cellulite. Heat from RF softens the connective tissues and stimulates the production of new collagen for improved skin elasticity and resilience. It helps to further stimulate circulation, lymphatic drainage, and collagen production while assisting in the removal of released fatty acids and cellular debris.



## Laser Lipo/ LLLT

Low level light therapy, or red light therapy, helps reduce inflammation and unwanted fat. It has long been used in medical settings for its therapeutic benefits. Recent studies show that it helps reduce pockets of stubborn fat by safely penetrating the skin with wavelengths that break down the membrane of the fat cell. Without the membranes, these cells can no longer store fat. The body collects the destroyed fat cells and eliminates them as waste.



## Putting it all together

Healthy habits are very important to improve and maintain results. These include daily exercise, adequate hydration, avoiding inflammatory foods: anything processed/ artificial/ fried, added sugars, fructose, dairy, table salt, cooking oils. Avoiding alcohol, as it negatively affects the lymphatic system and liver.

This will help ensure better outcomes and a more pleasant experience.

