



Lymphatic Drainage Therapy Information

Welcome!

Your first treatment will be with wands that use inert gases (Argon, Xenon & Krypton) to break up and sweep away toxic build up in your lymph vessels. Your lymphatic system is responsible for handling and neutralizing toxins and wastes created from food, pollution and our own body's daily cellular activities. It is also responsible for housing and transporting immune cells.

Preparing for your lymphatic treatment

- Arrive at your appointment well hydrated (8-10 glasses of water the day before). Dehydration will severely impair your ability to detoxify and rebuild.
- No heavy meals before treatment.
- Do not apply lotion to your skin prior to treatment. Dry skin contact is more effective for stimulating your lymph vessels and will give your therapist a better idea of how congested your lymphatic system is.
- Do not drink alcohol or consume recreational drugs, especially the night before or immediately after your session. Your liver will be responsible for detoxifying much of moves through the lymphatic system.
- Shower the day of your appointment before treatment.
- Plan and allow for a period of rest after treatment.
- When you arrive, please use the restroom if needed before your treatment is started.
- If you are sick (cold, flu, etc.) please call and reschedule your appointment.

What to expect during and after your lymphatic treatment

- Feeling your body as "light and fluffy"
- Possible brain fog
- Increased odorous urination
- Increased bowel movements
- Increased sweat
- Deeper and more restful sleep
- Hunger or cravings for fats, thirst
- Tiredness, wanting to rest or take a nap
- Sinus and/or ear drainage
- Reductions in swelling and headaches
- Possible detox symptoms for 24-48 hours after treatment

Every person responds differently to Lymphatic Drainage as some people may already be experiencing toxicity symptoms prior to receiving their treatment. Changes can occur immediately and sometimes up to seven days after treatment.

Healing responses or a “die-off” may occur and can be characterized by a temporary increase in symptoms during your detoxification process. You may feel worse and therefore suspect that your lymph treatment is not working. However, these reactions are signs that your body is cleansing itself of toxins and impurities.

After your initial session, based on the level and degree of your congestion and your health history, I will recommend how many sessions and how often to achieve the desired result.

Common benefits of having lymphatic treatments

- Reduced inflammation
- Reduction of PMS symptoms
- Balanced immune system
- Balanced alkaline/acidity levels
- Reduced fluid retention and chronic pain
- Reduced swollen lymph nodes, fibrotic conditions, and breast pain
- Helps with allergies, sinus issues, and headaches
- Assists in healing pre and post surgery
- Improved Sleep Quality
- Increased energy
- Improved range of motion and ease in your joints
- Improved tissue detoxification and cell nourishment
- Improved digestion
- Improved mobility
- Weight loss with a reduction in adipose tissue & a firming of cellulite tissue

***Thank you for the opportunity
to help you achieve your wellness goals.***

~Windi See