

Manual Lymphatic Drainage Massage



This highly specialized massage technique is especially useful for people who have had surgeries or radiation or are currently in treatment for Complete Decongestive Therapy. This gentle form of massage helps relax the entire body, reduce stress, and increase endorphins, the body's natural painkillers.

Benefits

- Restores pathways for lymph fluid to travel more freely, reducing swelling
- Helps move the lymph system, which cleanses the body of large proteins and waste products the body is trying to eliminate
- Total deep relaxation of the body and mind
- Reduces pain and stiffness in joints
- Learn at home self lymphatic drainage techniques.

PRACTITIONER

Kate Phelan, CMT, CMLDT

COST

60-Minute Full-Body Massage: \$127

Payment is due at the time of your service.

For more information or to schedule an appointment, please call 628-336-7689.