

How to Prepare For Your Lymphatic Drainage Massage

Manual Lymphatic Therapy, developed in the early 1900s, is known for promoting overall wellness and providing soothing benefits for both physical and mental health. The lymphatic system, a part of our immune system, consists of a network of tissues, organs, and vessels that help move lymph fluid back into the bloodstream. This fluid removes excess fluid, toxins, and unwanted bacteria from the body. Unlike the circulatory system, the lymphatic system lacks a pump, relying on physical activity and specialized treatments to function effectively.

Lymphatic drainage massage, offered by our clinic's Petula Jennings (Registered Manual Osteopath), uses a gentle touch to move lymph fluid, reduce water retention, and clear congestion. Here are some tips to consider if you're trying a lymphatic massage for the first time.

Seek Assistance From Your Healthcare Provider

Seek your healthcare provider's assistance before you book an appointment for a lymphatic session. You might want to visit them to seek guidance on any precautionary measures you might need to take, especially if you have any underlying medical conditions. Your healthcare team might suggest some dietary supplements to take before the massage. These supplements could have the potential to help with the detox process.

Keep Yourself Hydrated

Keeping yourself hydrated before a session is of utmost importance. Manual lymphatic drainage is all about detoxing your body and ensuring the movement of lymph fluids through the body. If you do not keep your body hydrated, the procedure might not be as effective as it should be. Be sure to drink at least eight glasses of water the day before your massage and on the day of your treatment. Proper hydration will avert any discomfort that might occur after the detox process. Drinking plenty of water before and after the session will make the procedure more effective.

Fast On The Day Of Massage

Make sure to eat less or nothing at all before coming for a lymphatic drainage treatment. It is better to have an empty stomach - it helps your therapist perform the treatment properly. It allows the masseuse to drain the lymph fluids in your lower organs and abdomen. If you have a full stomach, it will hamper the process and render it ineffective. Also, it may feel uncomfortable during the massage if you have a full stomach.

Minimal Clothing

The therapy is performed better with minimal clothing. However, it depends on your comfort level how much you want to cover yourself. If you would like to keep clothes on, then wear loose-fitting and cotton materials. It will make the session easier for the masseuse. Also, you have an option of a masseuse providing you with your treatment through the sheets. You may choose to wear whatever clothing makes you the most comfortable, but the therapy is performed most effectively with minimal to no clothing.

NO MAKEUP, NO LOTIONS, NO PERFUMES - come as bare-face/skinned as you can!

Ask For Guidance

Avoid going to a long session in the event that you are going through any uncomfortable medical conditions or are currently recovering. Do not go for a manual lymphatic drainage treatment if you are severely sick or have a fever. If you are unsure about it, ask your therapist to suggest a suitable time for you to reschedule. Getting a lymphatic drainage treatment while you are ill might aggravate your condition. In this situation, you must seek the guidance of your therapist to know when you should get the massage to optimize its benefits.

When Should You Get This Treatment?

Manual lymphatic drainage is a great way of cleansing your body from toxins and making your immune system stronger. You can benefit from the massage in every season. Notice how your body is functioning and decide whether you need it or not. As the season changes, the foods we eat and the activities we indulge in also change. Subsequently, the body's processes are affected. Therefore, you might need manual lymphatic drainage to ensure the proper functioning of the body. Many people prefer getting a lymphatic drainage treatment after they have had a cold as it helps to improve ones immune health. Also, if you feel bloated, getting lymphatic therapy could be an excellent option to get rid of fluid accumulation in the body.