

LYMPHATIC DRAINAGE MASSAGE

Pre + Post Care

Prepared by: Meraki Holistic Health Solutions

Prepare for treatment

Before your Lymphatic Drainage Massage (LDM), we will conduct a quick pre assessment (consultation) of your lymphatic and overall health, this will give me a clear understanding of what symptoms you experience and how best to assist you and your specific requirements, yielding the best results. I can address any questions you might have during this time and/or during the treatment itself.

Book a Lymphatic Drainage Massage with Clare, [Click here.](#) *Be sure to click on the **MERAKI** tab for Clare's treatments.

For best results, here are a few things to do before your treatment:

- **Stay hydrated** - Drinking enough water will help the detoxification process go more quickly. We require water to flush out the toxins through sweat and urination.
- **Avoid heavy meals** - It is best not to have a large or heavy meal before a lymphatic drainage massage. This will again slow down the detoxification process as your body will be working hard on digesting and then eliminating the food rather than gathering toxins from your lymphatic system. The lymphatic system and digestive system work alongside of each other.
- **Wear loose fit clothing to the treatment appointment-** This is so that once we have completed the treatment, your lymphatic system is not constricted by tight, constrictive clothing. Because our lymphatic system lies right below the skins surface any tight clothing will restrict the proper flow of lymphatic fluid, which we are working to assist.
- **Try to wear no makeup if you would like your face included in the massage-** I highly recommend having your face included for the full benefit of lymphatic drainage. This will assist with sinus congestion, puffiness, and overall glow of the skin.

Post Care

After your LDM, I would highly suggest that you follow these protocols to obtain the best results from your treatment.

- **Wear loose fit clothing including unrestrictive undergarments** - Avoid underwire bras, Spanx (or any sort of body forming undergarments). Your best bet is comfortable cotton underwear and bralettes (avoiding underwire).
- **Try to avoid heavy makeup, toxic products and perfumes** - We want to give the body the best atmosphere for doing what it does naturally, unfortunately most makeup (even clean makeup) can clog the pores and be counterproductive for proper lymphatic drainage, as is chemically laden products such as lotions and perfumes.
- **Continue to stay hydrated-** This will assist in the elimination of waste through sweat, urination and avoiding constipation. These processes are highly important for proper detoxification of waste material

and toxins from the body. Proper water intake will also bring nutrients to the cells for proper cellular repair and keep moisture rich organs healthy (eyes, skin, mouth + nose).

- **Reduce caffeine-** Caffeinated beverages such as coffee, some teas and sodas can affect the processes of our Gastrointestinal Tract (GI Tract) and inhibit the secretion of our stomach acid which result in difficulty in digesting and processing our food correctly. The drinks themselves can pose possible threats such as high mold intake through coffee processing, high microplastic intake using certain tea bags and all sort of chemical overload from sodas, all which will affect the way in which we can detoxify correctly. The mold in coffee is what stimulates an over excretion of water (urine) which can lead to dehydration.
- **Reduce smoking habits-** Smoking (including vaping) cause much damage to the detoxification organs such as the lungs, liver and spleen. If these organs are sluggish or dysfunctional then we cannot detoxify and remove lymphatic waste properly.
- **Avoid Hot Baths, Steam and Saunas for a few hours -** While Baths, Steam Rooms and Saunas are a great detoxification support tools, it is best to rush the natural process of the lymphatic system by forcing it to sweat out the toxins until the lymphatic system has been able to collect the toxins first.
- **Eat light meals for the remainder of the day-** Again, trying not to overburden the digestive system and lymphatic system with having to process a heavy meal, especially thick cuts of meats or processed products. Instead, consider cold pressed juices (like from [OM Juicery](#) or [Mind Body and Juice](#)), fruits, vegetables, soups or light meals.

Add On's to LDM

To further enrich your LDM treatment, I also offer a few add on services that can be discussed during the consultation.

- **Castor Oil Packs -** Using Cold-Pressed Unrefined Organic Castor Oil and [doTerra Zendocrine](#) essential oil blend (providing you have no aversions to using essential oils). Castor Oil's most active ingredient is a fatty acid called Ricinoleic Acid. Castor Oil packs offer many benefits, including skin hydration and moisturizing, anti-inflammatory, pain reduction, and wound healing.

[Zendocrine](#) is doTerra's detoxification blend with the essential oils of tangerine, rosemary, geranium, juniper berry and cilantro.

- **Reiki-** Reiki is a hands-on energy healing treatment. By channeling in the Universal Life Force Energy into the body. The energy can recalibrate the chakras (energy centers of the body) allowing the body to relax into its most natural state of being where natural healing can occur. I offer this as a 30 minute add on to the LDM treatment should you request it.

LDM Series

When looking to improve overall lymphatic drainage for whatever reason, is beneficial to have a Lymphatic Drainage Massage once a week for roughly 4 - 6 weeks. [You can book in for a series](#) of 4 LDM's at

discounted investment.

Contact + Connect with Clare

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The ultimate detox support treatment