

## **Manual Lymphatic Drainage Massage Information:**

Lymphatic System job is to get rid on the body toxins, waste, and unwanted materials, in addition to transport lymph - fluid containing white blood cells - throughout the body to help fight infection.

### **Benefits**

Decreasing risks of infection & complications - minimizing recovery time - speeds up the healing, improves circulation and the flow of fluid in Lymphatic system - reducing pain.

### **Treatments recommendation**

A course of 6 sessions is recommended. Initially 2 - 3 sessions are required in the first few weeks. You will need a day in between sessions.

Depending on the type of plastic surgery you have and how extensive it was. Most physicians will recommend a series of 2 - 3 sessions per week for the first 1 - 4 weeks. For liposuction surgeries, where the damage to the lymphatic system is more comprehensive, it may be necessary to follow a regimen for several weeks to a few months post-surgery to fully re-establish healthy lymphatic flow.

### **Price**

£45.00 one session – 30 mins

£65.00 one session - 1 hour

Course of 6 sessions £350 saving £40 (Booked and Paid for in advance)

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