

Decongestive Lymphatic Drainage: Client Preparation & Information

Before Your Session

- On the day of your session you may want to eat lightly and drink lots of fluids which help to begin the fluid movement process needed for lymph drainage. We also recommend a walk before your appointment to help mobilize the lymph.
- Please do not wear make-up, skin lotion or scented products. You can bring make-up with you for after your treatment if necessary, but allowing your skin to breathe and soak up the energetic oils from the treatment is the optimal course of action.
- Please arrive 5 to 10 minutes early. This allows you to relax a bit and breathe deeply which helps oxygenate the tissues and open your fluid channels. The therapy is comprehensive and requires the removing of clothing which can also be time consuming.
- We may be utilizing heat therapy at the start of or during your session. This is usually administered with FAR Infrared which helps to boost immunity, heal skin issues, reduce wrinkles and enhance detoxification. If you have any negative reactions to heat, please let us know at the start of your session.
- All the products that are used were designed specifically for the decongestive process. They are energetically active and are European (Ecocert) certified organic. However sometimes organic products create temporary symptoms of detoxification in sensitive individuals. If you are highly sensitive to skin products, please let us know so we can minimize strongly detoxifying plant extracts such as cinnamon.
- We will be utilizing Traditional Chinese Medicine 5 Element theory as the basis for treatment, so we will be asking you for your month and year of birth so we can determine your dominant element. We build the treatment around the elemental process in working with your lymphatic channels and your meridian pathways.
- This is a very gentle therapy allowing clients to relax and even sleep. Removing or silencing your cell phone is therefore essential during treatment. Please do not have your phone on the treatment table with you during your session.

After Your Session

- It takes approximately 3 days for the body to process all of the fluid/toxins that are moved and impacted during the treatment which means that you may experience some mild swelling or discomfort in drainage sites. Occasionally there can be some bruising from the mobilization of the fluid from the lymph system into the circulatory system. This will disappear quickly.
- We recommend drinking half of your body weight in ounces of water for three days after the treatment so that toxins can be released through the urine and feces.
- The release of toxins can cause fatigue, soreness and a flu-ish feeling, so try to limit your activities for a day or two just in case you need lots of rest.
- Immediately after your treatment you may experience headaches, body aches, fever and even acne breakouts all of which are visual signs of toxic elimination.
- Sessions create change slowly, so we recommend a series of sessions for maximum effect.

For Your Information

- This is a therapy which uses TCM (Traditional Chinese Medicine) as the basis for treatment, focusing on the opening of both lymphatic channels and meridian points.
- This therapy needs the unique combination of the machine and the products in order for the most effective results to be achieved. For this reason we cannot substitute other products in the process.
- No fluids are actually drained out of the body during the session. The lymph fluid is gently pulsed and moved in the direction that the body naturally drains. This helps mobilize the lymph fluid toward the lymph nodes creating a gentle pressure that helps to decongest the nodes and assist the body's natural detoxification and cleansing process.

For more information, please visit our Lymphatic Website at www.lymphaticallyspeaking.com or our Decongestive Lymph Drainage page on our main website at www.consciousbodynatmed.com

Do you have any questions?
Call our virtual reception desk at (617) 505-3585

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