

# Benefits of Lymphatic Massage with Luna



## Benefits of Lymphatic Massage

### with Luna

Gentle care. Powerful results. 

Lymphatic massage supports your body's natural flow, reduces swelling, and helps you feel your best. 

**Healthy lymph flow. Healthy you.**  

-  **1. Reduces Swelling & Fluid Retention**  
Helps move excess fluid out of tissues, reducing puffiness and discomfort.
-  **2. Supports Detoxification**  
Encourages lymph flow so your body can naturally remove waste and toxins.
-  **3. Enhances Recovery After Surgery**  
Reduces swelling, bruising, and promotes faster healing and comfort.
-  **4. Boosts Immune Function**  
A healthy lymphatic system helps your body fight illness and stay strong.
-  **5. Promotes Relaxation & Stress Relief**  
Gentle, rhythmic techniques calm your nervous system and reduce stress.
-  **6. Improves Skin Health**  
Better circulation helps support clearer, brighter, healthier-looking skin.

**LUNA'S TIP** 

Pair your massage with hydration, movement, and deep breathing for the best results! 

**Feel Lighter. Heal Better. Live Well.** 

**Ready to Experience the Benefits?** 


Professional lymphatic massage can help you feel lighter, reduce swelling, and support your body's natural healing process.

**Book Your Session Today!**  Your body will thank you. 

*Luna is here to support your journey to better health.*  

Simple ways to support your body's natural healing and flow

## Meet Luna the Lymph Node

Curious how lymphatic massage can help your body feel lighter, less swollen, and more balanced? 

Your lymphatic system plays a vital role in removing waste, reducing fluid buildup, and supporting your overall health. When it needs extra support, lymphatic massage can help gently guide fluid movement and restore balance.

Luna is here to help you understand how this powerful therapy supports your body and well-being.

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## What Is Lymphatic Massage?

Lymphatic massage—also known as manual lymphatic drainage (MLD)—is a gentle, specialized technique designed to support the movement of lymph fluid throughout the body.

Unlike traditional massage, it uses light, rhythmic movements to:

- Encourage lymphatic flow
  - Reduce swelling and fluid retention
  - Support detoxification
  - Promote healing and recovery
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## Luna's Top Benefits

1. Reduces Swelling and Fluid Retention  
Helps move excess fluid out of tissues, reducing puffiness and discomfort.
  2. Supports Detoxification  
Encourages your body to remove waste and toxins more efficiently.
  3. Enhances Recovery After Surgery  
Commonly used after procedures to reduce swelling and support healing.
  4. Boosts Immune Function  
Supports your body's natural defense system.
  5. Promotes Relaxation and Stress Relief  
Gentle techniques help calm the nervous system.
  6. Improves Skin Health  
Better circulation can support clearer, healthier-looking skin.
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## When to Consider Lymphatic Massage

- After surgery or medical procedures
- When experiencing swelling or fluid retention
- When feeling sluggish or fatigued

- As part of a wellness routine
  - To support recovery and healing
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## Who Can Benefit

- Post-surgical clients
  - Individuals with swelling or inflammation
  - Those looking to improve lymphatic flow
  - Anyone seeking overall wellness support
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## Support Your Lymphatic Health

Lymphatic massage is a powerful way to support your body—but you don't have to navigate it alone.

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## Book Your Session Today

<https://massagelymphaticcare.com>

 (239) 448-6200

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## Stephanie Adams, LMT, CLT

Licensed Massage & Lymphatic Therapist

With over 25 years of experience helping clients heal, recover, and restore balance.

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## Life Touch Massage & Lymphatic Care, LLC

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Luna the Lymph Node™

A patient education guide by Life Touch Massage & Lymphatic Care, LLC