

Hydration for Lymphatic Flow with Luna 🌸



Simple daily steps to support your body's natural flow

Meet Luna the Lymph Node 🌸

Feeling sluggish, swollen, or just a little off? 🌸

Your lymphatic system depends on proper hydration to keep things flowing smoothly. Without enough fluids, lymph can become thick and slow-moving, making it harder for your body to remove waste and maintain balance.

Luna is here to guide you through simple hydration tips to support your lymphatic system and help you feel your best.

Why Hydration Matters

Your lymphatic system is made up largely of fluid—so staying hydrated is essential for keeping everything moving properly.

Proper hydration helps:

- Support lymphatic circulation
- Flush out toxins and waste
- Reduce swelling and fluid retention
- Improve energy and overall wellness

When your body is well-hydrated, your lymphatic system can do its job more efficiently.

Luna's Hydration Tips

1. **Drink Water Consistently**
Sip water throughout the day instead of drinking large amounts at once.
 2. **Start Your Day with Water**
Begin your morning with a glass of water to rehydrate your body.
 3. **Add Natural Electrolytes**
Enhance your water with lemon, cucumber, or a pinch of sea salt.
 4. **Eat Hydrating Foods**
Fruits and vegetables like watermelon, cucumber, and leafy greens help boost hydration.
 5. **Listen to Your Body**
Thirst, fatigue, and dry skin can be signs your body needs more water.
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When to Focus on Hydration

- During post-surgical recovery
- When experiencing swelling or fluid retention
- After massage sessions

- During hot or humid weather
 - When feeling fatigued or sluggish
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Who Can Benefit


- Post-surgical clients
 - Individuals with swelling or fluid retention
 - Those experiencing fatigue or low energy
 - Anyone looking to support lymphatic health
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Support Your Lymphatic Health

Hydration is a simple but powerful step—but you don't have to do it alone.

Book Your Session Today

<https://massagelymphaticcare.com>

 (239) 448-6200

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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