

Movement for Lymphatic Flow with Luna



♥ Movement for Lymphatic Flow
♥ with Luna ♥

-  Stretch gently
-  Take daily walks
-  Combine deep breathing + movement
-  Try rebounding or gentle bouncing
-  Stay consistent

♥ Move. Flow. Feel Your Best. ♥

LUNA
LYMPH NODE

Stretch Gently

Take Daily Walks

Deep Breathing + Movement

Rebound or Bounce Gently

Stay Consistent

Flow with Every Step


Small Steps
Big Flow
Better You

Your Movement Supports Your Lymphatic Health

Gentle movement. Strong flow. A healthier you. 

Simple daily steps to support your body's natural flow

Meet Luna the Lymph Node

Feeling stiff, sluggish, or a little “stuck”? 

Your lymphatic system depends on movement to keep fluid flowing throughout your body. Unlike your heart, it doesn't have a pump—so it relies on your body in motion.

Luna is here to guide you through simple movement practices that help support lymphatic flow, reduce buildup, and keep you feeling lighter and more energized.

Why Movement Matters

Your lymphatic system relies on physical movement to circulate fluid and remove waste.

Gentle, consistent movement helps:

- Stimulate lymphatic flow
- Reduce swelling and fluid buildup
- Improve circulation
- Support detoxification
- Boost energy and overall wellness

Even small movements throughout the day can make a big difference.

Luna's Movement Tips

1. Start with Gentle Movement
Begin your day with light stretching or simple movement to wake up your body.
 2. Take Short Walks
Walking is one of the easiest and most effective ways to support lymphatic flow.
 3. Add Arm and Leg Movement
Swing your arms, rotate your shoulders, and move your legs to encourage circulation.
 4. Combine Movement with Breathing
Pair gentle movement with deep breathing to enhance lymphatic stimulation.
 5. Stay Consistent
Regular movement throughout the day is more effective than occasional intense activity.
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When to Focus on Movement

- After long periods of sitting
- During post-surgical recovery (as advised)
- When experiencing swelling or stiffness
- After travel or inactivity

- As part of your daily wellness routine
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Who Can Benefit


- Individuals with swelling or fluid retention
 - Post-surgical clients
 - Those with sedentary lifestyles
 - Anyone looking to support lymphatic health
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Support Your Lymphatic Health

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

Book Your Session Today

<https://massagelymphaticcare.com>

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Stephanie Adams, LMT, CLT

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

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