

# Recovery Support for Lymphatic Health with Luna



## Recovery Support for Lymphatic Health with Luna

Simple daily habits to reduce swelling, support healing, and help your body restore its natural flow.

-  **Rest & Elevate**  
Give your body time to heal. Elevate to reduce swelling.
-  **Stay Hydrated**  
Drink plenty of water to keep lymph fluid moving.
-  **Gentle Movement**  
Light movement like walking or stretching stimulates flow.
-  **Deep Breathing**  
Deep breaths activate your lymphatic system and reduce stress.
-  **Follow Guidance**  
Always follow your provider's recommendations.

 You're Doing Amazing 

 **You Are Not Alone**  
Every small step you take supports your body's natural ability to heal.

 **Lymphatic Care Enhances Healing**  
Professional lymphatic massage can help reduce swelling, improve comfort, and speed up your recovery.


[Book Your Session >](#)

 Support. Restore. Heal. Luna is here for you. 

Simple daily steps to support your body's natural healing and flow

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## Meet Luna the Lymph Node

Healing takes time—and your body deserves support along the way 

Your lymphatic system plays an important role in recovery by helping reduce swelling, remove waste, and support tissue healing. When your lymphatic flow is supported, your body can recover more comfortably and efficiently.

Luna is here to guide you through simple recovery practices to help you feel better, faster, and more supported.

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## **Why Recovery Support Matters**

After surgery, injury, or periods of stress, your lymphatic system may need extra support.

Supporting your lymphatic system helps:

- Reduce swelling and fluid buildup
- Promote healing and tissue repair
- Improve circulation
- Decrease discomfort and tightness
- Support overall recovery and wellness

Gentle, consistent care makes a meaningful difference in how your body heals.

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## **Luna's Recovery Support Tips**

1. **Prioritize Rest and Elevation**  
Allow your body time to rest and elevate areas when possible to reduce swelling.
  2. **Stay Hydrated**  
Proper hydration supports lymphatic flow and helps flush out waste.
  3. **Practice Gentle Movement**  
Light movement encourages circulation without putting stress on your body.
  4. **Use Deep Breathing**  
Breathing techniques help stimulate lymphatic flow and reduce tension.
  5. **Follow Professional Guidance**  
Listen to your provider's recommendations to support safe and effective recovery.
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## **When to Focus on Recovery Support**

- After surgery or medical procedures
- When experiencing swelling or inflammation
- During injury recovery

- When feeling tight, sore, or restricted
  - As part of a healing and wellness plan
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## Who Can Benefit

- Post-surgical clients
  - Individuals recovering from injury
  - Those experiencing swelling or inflammation
  - Anyone needing additional healing support
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## Support Your Lymphatic Health

Recovery is a journey—but you don't have to do 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

12731 World Plaza Ln, Bldg. 83, Ste. 2  
Fort Myers, FL 33907

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Luna the Lymph Node™

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