

Lymphatic Massage
Monday July 24th 9am-5pm / Tuesday July 25th 9am-1pm
12 hours of hands on CE - \$200

Lymphatic Massage is a type of gentle massage which is intended to encourage the natural drainage of the lymph, which carries waste products away from the tissues back toward the heart. The lymph system depends on intrinsic contractions of the smooth muscle cells in the walls of lymph vessels and the movement of skeletal muscles to propel lymph through the vessels to lymph nodes and then beyond the lymph nodes to the lymph ducts which return lymph to the cardiovascular system. Lymphatic Massage is a very gentle manual treatment that is proven to reduce swelling by dramatically enhancing the function of the lymphatic system. Lymphatic Massage is also known to improve the quality of sleep, decrease pain, calm the nervous system, and benefit the immune system. This technique will greatly benefit your clients who have:

- soft-tissue injuries
- rheumatoid arthritis
- high stress levels/anxiety disorders
- fibromyalgia or chronic fatigue
- surgical trauma/edema
- migraine headaches
- cancer/oncology diagnosis
- sinus congestion or allergies
- mild, medically-uncomplicated lymphedema
- clients in hospice or palliative care

This Lymphatic Massage course is 12 hands-on hours and will:

- Describe basic anatomy, physiology of the lymph system and main body fluids.
- Explain the scientific principles behind Lymph Drainage Therapy, and why the lymphatic system plays a crucial role in recovering from disease and enhancing health.
- Explain the importance of the lymphatic system and how it relates to blood and other body fluids.
- Describe main indications and contraindications.
- Perform techniques that help you move lymph and interstitial fluid through the body to cleanse it of toxins.
- Describe the main specific locations of lymph nodes and lymph vessels.
- Demonstrate specific lymph-drainage sequences for the face and neck, upper and lower extremities, and abdomen.
- Put treatments and self-help techniques right away into practice.



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Georgia Board of Massage Therapy Chair
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