

LYMPHATIC MASSAGE THERAPY

Lymphatic massage uses very light pressure and long, gentle, rhythmic strokes to increase the flow of lymph and reduce toxins in your body.



The lymph system is part of your body's immune system and helps fight infection. Lymph itself is a clear, slightly yellow fluid. It transports nutrients and oxygen to cells, collecting toxins on the way and flushing them out through the lymph nodes.

Lymphatic drainage massage can have a beneficial effect on your general health. Because lymph is key to keeping your immune system working properly, improving the flow and drainage of lymph around the body is good for you in lots of ways.

CONTACT US

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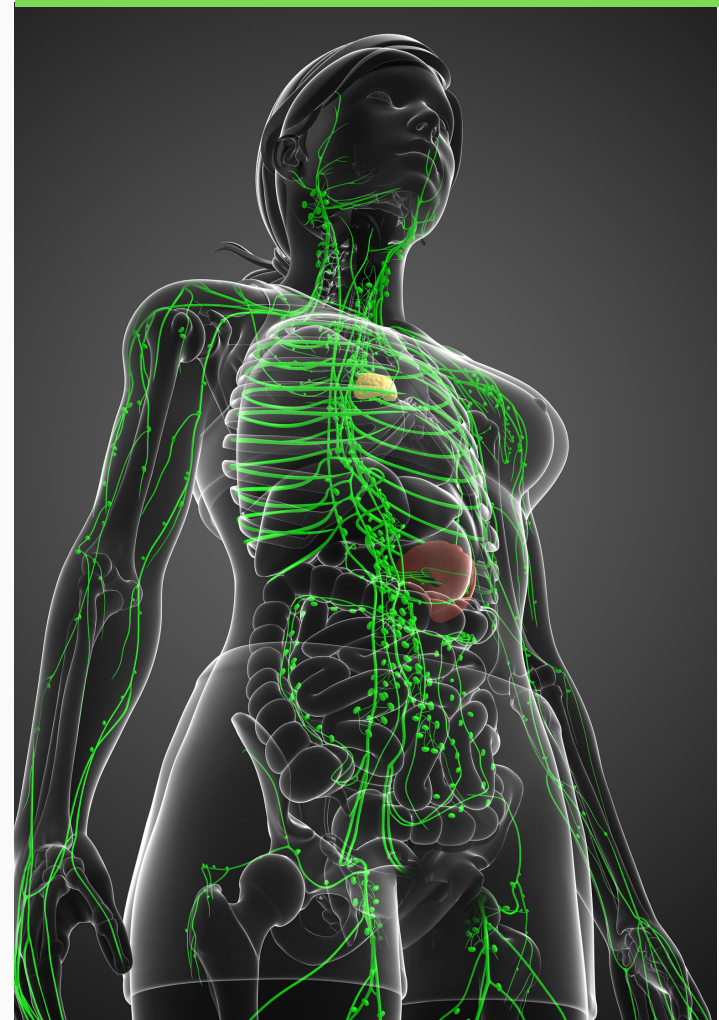
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THE TRAINING CENTER OF WELLBEING

Lymphatic Massage
Therapy





CURRICULUM

The Lymphatic System
Pathologies
Protocols
Combining Essential Oils
Contraindications
The Therapy Sessions: putting it all together
Client Aftercare
Case Studies and Research

Lymphatic drainage can:
reduce the chance of you suffering from minor colds and viruses;
it helps your body fight off infection, and speeds up healing and recovery from illness
help reduce water retention; for instance, because the lymph system has no pump, if you sit for a long time without moving, the lymph can't flow easily — this is why you may experience swollen feet or fingers
boost weight loss, as improving the lymphatic system will improve your metabolic rate, which helps you burn calories more efficiently.

ABOUT THE COURSE

Pre-requisite: Massage therapy level 3 or equivalent including AP
Duration of training: 1 Day
Cost: £125
Independent Learning Hours: 10
Case Studies: 3 with 2 follow ups on each

MORE INFORMATION

Please contact us to ensure that you meet the minimum requirements for this course. We will need to see your certification. A minimum of level 3 (or equivalent) massage therapy including Anatomy and Physiology is required. Your previous study must have been classroom based training.

Accredited by the Complementary Medicine Association

IS THIS COURSE FOR YOU?

This course is ideal for the experienced massage therapist who would like to offer a new therapy to their clients.

WHATS INCLUDED?

Your training includes:
Full printed manual, classroom sessions, support with case studies.