



# SANTA BARBARA

## *Lymphatics*

Manual Lymphatic Drainage (MLD) is a gentle massage technique designed to stimulate the lymphatic system and promote the natural drainage of lymph fluid from the body's tissues. It's used for various purposes, including reducing swelling, managing lymphedema, detoxification, and enhancing overall wellness.

## The Importance of MLD Aftercare

After receiving an MLD treatment, it's essential to follow aftercare advice to ensure you get the most out of your treatment. Below are some useful aftercare tips to consider. Always check in with your own body and follow its cues as you enjoy the abundance of benefits of receiving lymphatic therapy.

### *1. Hydrate, Hydrate, Hydrate*

Proper hydration is key to maintaining a healthy lymphatic system. Drinking plenty of water before and after your MLD session is crucial to help flush out toxins and promote lymphatic flow. The recommended amount of water to drink post-Manual Lymphatic Drainage (MLD) is approximately 1 to 2 liters per day.

Extra Bonus: Add in a squeeze of lemon and/or a pinch unrefined pink, or Himalayan sea salt.

### *2. Alcohol Abstinence*

To optimize the effectiveness of your MLD therapy, avoid alcohol for at least three days before and after the treatment. Alcohol can dehydrate the body, which can hinder the lymphatic system's function. Abstaining from alcohol helps ensure that your lymphatic system can perform at its best during and after the session.

### *3. Rest*

Adequate rest and quality sleep are essential for your body's healing processes. Ensure you get enough rest to support recovery. Quality sleep helps the body repair and regenerate, contributing to a healthier

lymphatic system and overall well-being.

## *4. Light Movement*

Engage in gentle movements and stretching exercises to promote lymphatic flow. Activities such as walking, yoga, pilates, or light cardio at the gym can be particularly beneficial. These activities encourage the movement of lymphatic fluid and support overall well-being.

## *5. Deep Diaphragmatic Breathing*

Deep diaphragmatic breathing promotes healthy lymph flow. Spending 10-15 minutes a day with legs elevated is beneficial for lymph congestion. However, even just 3 rounds of deep belly breaths several times throughout the day can significantly improve overall health and well-being.

## *6. Diet*

A balanced, anti-inflammatory diet is key to supporting healing and overall health. Consume a variety of fruits, vegetables, and lean proteins to promote healing and reduce inflammation. A well-rounded diet can enhance the effectiveness of MLD.

## *7. Infrared Sauna*

Using an infrared sauna after a lymphatic session can help further promote detoxification by increasing circulation and sweating, aiding in the removal of toxins from the body. It can also support relaxation and overall well-being post-treatment.

You might consider booking at:

[Flow Yoga and Wellness](#)

[Santa Barbara Longevity Center](#)

## *8. Colon Hydrotherapy*

Receiving colon hydrotherapy or a colonic after a lymphatic session can help eliminate toxins released during the lymphatic session, further supporting detoxification and cleansing of the

body. This combination can enhance the overall effectiveness of the detox process and promote optimal health and well-being.

You might consider booking with:

[Sandra at Mariposa Health and Wellness](#)

[Julia Loggins](#)

## *9. Reduce Salt Intake*

Cut back on high-salt foods before and after Manual Lymphatic Drainage (MLD). Excessive salt intake can lead to water retention, which in turn can impede the benefits of MLD. Reducing salt in your diet can help prevent fluid retention, allowing the lymphatic system to function more efficiently.

## *10. Skin Care*

After an MLD session, it is crucial to prioritize skin care. Utilize gentle, hypoallergenic skincare products and steer clear of harsh chemicals on the treated area. Incorporating dry brushing into your routine before a shower can enhance lymphatic drainage and aid in detoxification. By nurturing healthy skin, you can prevent irritation and preserve the skin's protective barrier.

## *11. Compression Garments*

If your therapist recommends it, wear compression garments as directed to maintain the benefits of MLD. Compression garments provide gentle pressure to the treated area, which can help support the lymphatic system and prevent swelling or fluid buildup.

## You May Experience

Occasionally you may experience reactions when your body begins its self-healing process in an elimination of toxins. These reactions may include:

- Frequent visits to the toilet
- Runny nose and/or cough

- Slight rash as the skin rebalances
- Perspiration – another way that the body can excrete waste
- Conditions which have been suppressed may flare up temporarily before they heal
- Deep sleep or difficulty sleep and vivid dreams These reactions are only temporary and should clear within 24-48 hours. They are positive signals that your body has responded to treatment and is balancing itself.

## In Conclusion

Investing in your lymphatic health through proper aftercare can lead to a healthier, more vibrant you. Manual Lymphatic Drainage is a valuable tool for various health concerns, and by following these aftercare tips, you can ensure that you're maximizing the benefits of this therapy and promoting a healthy, well-functioning lymphatic system.

If you're considering MLD or have recently undergone a session, be sure to consult with a certified manual lymphatic therapist such as myself, Ali, for personalized advice and guidance on your specific needs. With the right aftercare, you can harness the full potential of manual lymphatic drainage and support your journey toward optimal health and well-being. Remember, consistency in both your lymphatic treatments and aftercare is key to achieving the best results from your MLD sessions and supporting your journey toward optimal health and well-being.

Please contact us to discuss if you wish to discuss if lymphatic therapy is right for you prior to booking, or you can book now by clicking here:

<https://book.squareup.com/appointments/5dt0uhdvcofzt0/location/LDWGN3YVTSRT8/services>

*"Lymph is the river of life within us- when it flows freely, the body thrives in clarity, lightness, and renewal."*

**– Dr. Nadia Rizzio**

Disclaimer:

The information provided here is for general informational purposes only and is not intended as medical advice. Always consult with your doctor or qualified healthcare provider before beginning any new health practices or making changes to your current routine. If you are unsure about any aspect of the information shared, please seek professional guidance from your medical team.