

Manual Lymphatic Drainage Massage



This very gentle yet powerful massage helps the body eliminate waste and toxins. As a therapy, lymphatic drainage massage brings relief from many illnesses and injuries.

- Purify and revitalise
- Lymph drainage massage improves metabolism and refreshes the immune system
- Lymph drainage massage treats and prevents illnesses such as colds and flu
- Relieves headaches, menstrual cramps, depression and fatigue
- Improves skin texture and the appearance of cellulite
- Promotes healing of acute injuries such as sprains and fractures

Lymphatic Drainage Massage uses very light pressure, long, gentle, rhythmic strokes and soft pumping movements towards the heart to stimulate the body's lymphatic system.

70 minutes— £55.00



10% from every Manual Lymphatic Drainage Massage treatment will be donated to the Breast Cancer Care Charity.