

Manual Lymphatic Drainage Body



Manual Lymphatic Drainage offers the therapist a powerful therapeutic principle that has been recognised through the ages, and is currently enjoying a revival. The techniques home in on to a specific element within massage therapy, centring the effects upon lymphatic drainage. Movements are via a combination of effleurage and light compression, producing a rhythmical

routine that ranges through stationary circles over the lymph nodes, to slow stretching circles that open the initial lymphatics, gradually progressing to a scooping movement that helps to stimulate the lymphatic pump. When applied correctly the client becomes very relaxed and a palpable change within the skin can be initiated. The treatments need to be carried out regularly as a cumulative reaction is required. This encourages the body to continue with the rhythmical contractions within the lymphangions to move lymph along the vessels to the nodes.



Cheryl's acclaimed Lymphatic therapy is internationally renowned through her Seminar Programmes with the Federation of Holistic Therapists.

Module 2 Manual Lymphatic Drainage Body

| Practical Content Includes; | Theoretical Content Includes; |
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| <p>Preparation Client consultation Record cards Hygiene Preparation of the couch and trolley</p> <p>Cheryl Cole's Lymphatic Routine Recognition of fluid conditions Specific drainage movements 4 Quadrants Full body application Cellulite application Aftercare advice</p> | <p>Theory of lymphatic drainage massage Contra-indications Contra-actions Uses in therapy Physiological effects Consultation Practical considerations Designing treatment programmes Cellulite recognition and treatment</p> <p>Anatomy and Physiology</p> <p>Lymphatic System overview Lymphatic capillaries, vessels and nodes in detail Names and positions of major nodes Movement of lymph Causes of oedema Lymphoedema and its effects</p> |

Duration of course - 3 days. This is arranged as two days of intensive training and one additional day at a later date for assessment and consolidation. The assessment day is booked whilst on the course to suit your requirements to allow for practice, case studies etc.

Course Requirements;

Candidates need to hold a recognised beauty or holistic qualification prior to enrolling on the course. A Massage Qualification is not essential as all appropriate techniques are gained on the course.

Candidates will need to bring ;
Salon Overalls

A file with divider cards, for your portfolio and a pen and paper for additional notes. A comprehensive training manual is included in the course. All tools and equipment will be provided for the course, however candidates will need their own preparations to complete their case studies.

Course Dates Available

Courses organised on a continuous rolling basis.

Please phone for availability and to arrange dates. Tel 01487 830971