

MANUAL LYMPHATIC DRAINAGE

MLD is a specialized form of massage that has powerful cleansing, relaxing, pain relieving & immunological effects. It is a gentle, flowing, rhythmic massage and can be applied to a wide range of physical conditions to great effect.

It is particularly useful for the treatment of lymphoedema and swelling that is often seen in response to cancer treatments such as radiotherapy.

The aim of MLD is to encourage the extra lymph fluid to move away from the swollen area so it can drain normally.

Most clients either fall asleep or go into a highly relaxed state during this treatment.

Full Body Massage	£50	1 hour
Lower Body	£30	30 minutes
Upper Body	£30	30 minutes