

Download Milady's Guide To Lymphatic Drainage Massage

Manual lymphatic drainage (MLD) is a type of massage based on an unproven hypothesis that it will encourage the natural drainage of the lymph, which carries waste products away from the tissues back toward the heart. The lymph system depends on intrinsic contractions of the smooth muscle cells in the walls of lymph vessels (peristalsis) and the movement of skeletal muscles to propel lymph ... The purpose of lymph drainage massage is to move fluid out of your tissues into lymph nodes where bacteria, viruses and other harmful microorganisms are destroyed. It reduces swelling and pain and stimulates your immune system, increasing the circulation of white blood cells. Massage is the manipulation of soft tissues in the body. Massage techniques are commonly applied with hands, fingers, elbows, knees, forearms, feet, or a device. The purpose of massage is generally for the treatment of body stress or pain. The Elaine Sterling Institute offers the 1000-hour esthetician program for licensure in the state of Georgia. Our Institute has the latest spa equipment available, making ESI renowned for combining European standards with American Science.