

Lymphatic Drainage Massage



Location **South West, Hampshire**
<https://www.freeadsz.co.uk/x-466851-z>



The lymphatic system is responsible for helping fluid and waste leave the body and for regulating the immune system. When the lymphatic system becomes blocked, fluid builds up and stagnates, causing the entire system to become toxic, making us feel sluggish and more susceptible to viral or contagious diseases. Lymphatic drainage is a delicate form of massage that stimulates the body's lymphatic system, improving the metabolism, helping the body to eliminate waste and toxins and providing a boost to the immune system. Lymphatic drainage massage is especially useful for individuals who seem to suffer regularly from common illnesses like colds and flu. It is also recommended for people who lead sedentary lifestyles, or those who want to reduce puffiness or swelling. It has been cited as having a positive effect on problem skin, cellulite, dysfunctional respiratory systems and people with low energy. 60 minutes £40 To find out more, or to book, call Sandy: Tel: 07927 909782 Email: Website: athena-holistic-massage-therapies.co



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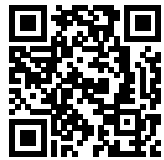
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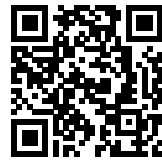
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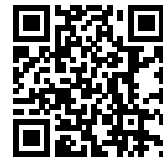
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