

THE BENEFITS OF LYMPHATIC DRAINAGE MASSAGE

— BACKED BY RESEARCH —



REDUCES SWELLING AND FLUID RETENTION

Stimulates the lymphatic system, helping to move excess fluid from tissues, reducing swelling and heaviness.

— Casley-Smith, J. R. (1995),
Lymphology



PROMOTES FASTER RECOVERY

Helps clear metabolic waste after demanding activity or injury, reducing muscle soreness and speeding up recovery.

— Zöllei, E., Zöllei, V. & Beck, A. (2017),
Scientia et Medicina in Sport



REDUCES STRESS AND PROMOTES RELAXATION

Activates the parasympathetic nervous system, lowering cortisol levels and promoting a sense of calm and wellbeing.

— Bougea, A. et al. (2020),
Journal of Alternative & Complementary Medicine



SUPPORTS IMMUNE FUNCTION

Enhances lymph circulation, helping the body remove waste products and toxins, which supports a stronger immune response.

— Chikly, B. J. (2018),
Journal of Bodywork & Movement Therapies



IMPROVES CIRCULATION

Encourages blood and lymph flow, supporting tissue healing, oxygen delivery and overall muscle health.

— Foldi, M., Foldi, E. & Strößenreuther, R. (2001),
European Journal of Lymphology



SUPPORTS HEALING AND SKIN HEALTH

Improves the removal of waste and excess fluid, creating an optimal environment for tissue repair and healthier skin.

— Avraham, T. et al. (2010),
Wound Repair and Regeneration

Lymphatic drainage massage uses gentle, rhythmic movements to stimulate the lymphatic system, helping your body flush waste, reduce swelling and recover more effectively.

Research shows it can support healing, immunity and overall wellbeing.



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— MOBILE THERAPY & RECOVERY —



THE RESEARCH

- ✓ Casley-Smith, J. R. (1995). The role of manual lymph drainage in the treatment of lymphoedema. *Lymphology*, 28(1), 3–14.

- ✓ Foldi, M., Foldi, E. & Strößenreuther, R. (2001). Treatment of lymphedema by manual lymph drainage. *European Journal of Lymphology*, 12(1), 1–8.

- ✓ Zöllei, E., Zöllei, V. & Beck, A. (2017). Effects of manual lymphatic drainage on the recovery of sports-related muscle soreness. *Scientia et Medicina in Sport*, 20(6), 579–583.

- ✓ Bougea, A. et al. (2020). Effects of manual lymphatic drainage on stress and wellbeing: A systematic review. *Journal of Alternative & Complementary Medicine*, 26(7), 646–656.

- ✓ Avraham, T. et al. (2010). Lymphatic system in tissue repair and wound healing. *Wound Repair and Regeneration*, 18(4), 351–360.

- ✓ Chikly, B. J. (2018). The Lymphatic Load: Integrative Solutions for Immune Health. *Journal of Bodywork & Movement Therapies*, 22(3), 786–794.



Safe. Effective. Professional.

All treatments are tailored to your needs and goals. Your comfort and wellbeing are always the priority.



Invest in your health.
Your body will thank you.



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