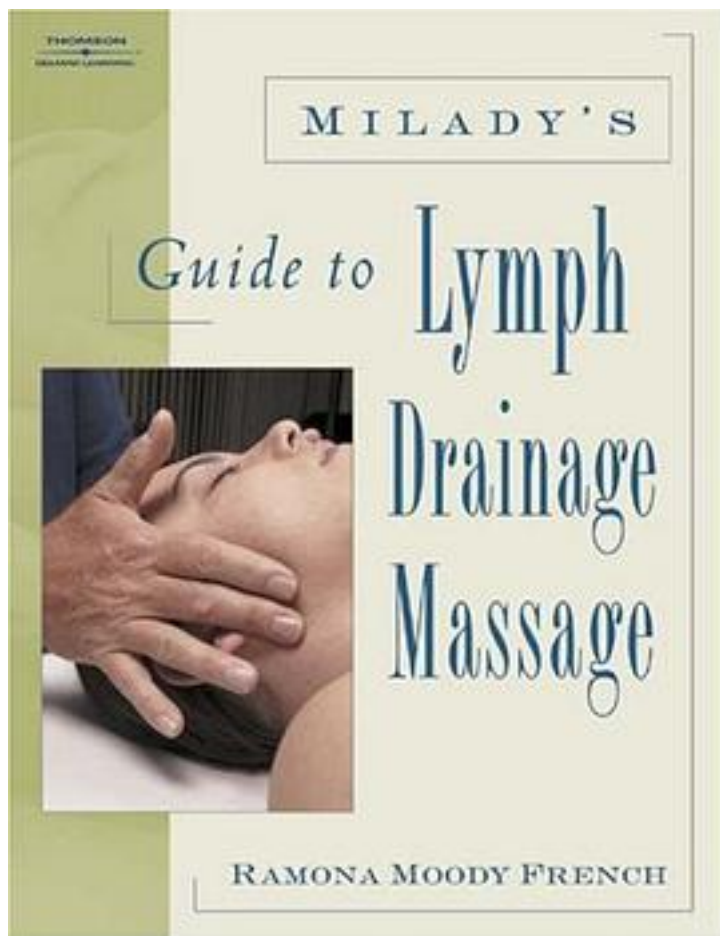


# Milady's Guide to Lymph Drainage Massage



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Lymph drainage massage is a technique utilized by estheticians and massage therapists to provide relief from edema, an accumulation of fluids in the tissues that causes swelling. This book provides a scientifically accurate explanation of the

lymphatic system, the theory behind lymph drainage massage, and explains when it should be performed. The book also explains the application of lymph drainage massage to the needs of well clients, rather than focusing on pathology, since most massage therapists and estheticians will not be treating lymph edema disease in their work.

作者介绍:

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