

Do you experience symptoms of a congested lymphatic system?

- Brain Fog
- Fatigue
- Headaches
- Bloating
- Indigestion
- Muscle or joint pain
- Edema/Swelling/Fluid Retention

What conditions can MLD help with ?

- Autoimmune conditions
- Lymphedema
- Chronic Fatigue Syndrome
- Exercise recovery/DOMS
- Pre and Post surgical recovery
- Edema/swelling
- Detoxing
- PMS

Book your session today

970-852-5314

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I LOOK FORWARD TO SEEING YOU !



Manual Lymph Drainage

(MLD)

KAT McARTHUR



KAT'S MASSAGE AND WELLNESS

What is Manual Lymph Drainage and what to expect

Manual Lymph Drainage (MLD) is a specialized massage technique specifically designed to support your lymph system. Not only does it have therapeutic benefits; it is very gentle, calming, and relaxing.

MLD is considered more of a skin technique and is specifically designed to stimulate the movement of lymph and because the initial lymph vessels lie just underneath the skin, it is a very light touch.

Clients find it very pleasant and relaxing.

Why it matters

Keeping your lymph system healthy helps your body defend against disease and infection. It will give the immune system a boost and can aid in any cleansing program. It calms the inflammatory response and supports the body's own mechanism to detoxify.

Research shows the link between many chronic health situations and the inflammatory response. MLD will help manage both acute and chronic inflammation.

Stress is also a factor in many of today's health issues. MLD is excellent for both pain relief and stress reduction.

Kat is a Licensed Massage and Manual Lymphatic Drainage Therapist in Grand Junction, Colorado. She is trained in the Vodder Technique through the Klose Institute, which is the standard for MLD in the United States.