



## SOLACE MASSAGE AND MINDFULNESS



### How to get the most from your **MANUAL LYMPHATIC DRAINAGE TREATMENT** with Kathleen Lisson, CLT?

- **START 10 DAYS TO TWO WEEKS AFTER YOUR SURGICAL PROCEDURE**
- **BOOK ONE OR TWO 50 MINUTE TREATMENTS A WEEK**
- **FOLLOW ALL YOUR SURGEON'S POST-SURGERY CARE INSTRUCTIONS**



#### CLIENT'S RESULTS

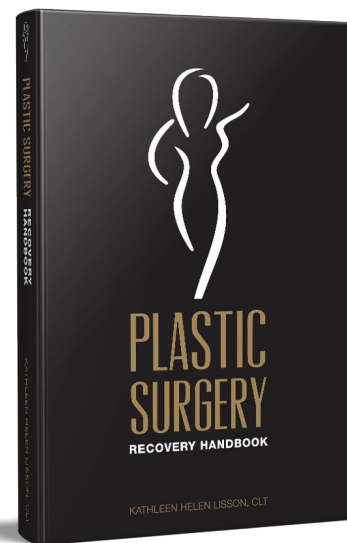
- Many clients feel less tight and heavy as swelling reduces
- Clients also feel less stressed and more relaxed after their treatment

*"I highly recommend Kathleen. I have seen her twice so far and have greatly benefited. She is very knowledgeable, soft-spoken and soothing. Her technique has helped me along in my recovery greatly, I definitely plan of referring her to any loved one." - Rebeca B. from Santee, recovering from abdominoplasty and liposuction October 2016.*



#### WHAT IS MANUAL LYMPHATIC DRAINAGE MASSAGE?

- Your treatment starts with boosting full body lymphatic flow through an abdominal and neck massage
- Gentle massage strokes are used in the swollen area to encourage lymphatic flow and reduce swelling
- Strokes re-route lymphatic flow away from lymph nodes and vessels affected by the surgery
- No oil or lotion is used, and the therapist's hands give a light pressure in the direction of lymphatic flow
- Treatment is given by Kathleen Lisson, a Certified Lymphedema Therapist with advanced training in rerouting lymphatic flow to improve lymphatic function in the body



#### HOW CAN I BOOK A MANUAL LYMPHATIC DRAINAGE TREATMENT?

For more information or to book a treatment:



[www.SolaceSanDiego.com](http://www.SolaceSanDiego.com)



(619) 880-6538



[SolaceSanDiego@gmail.com](mailto:SolaceSanDiego@gmail.com)