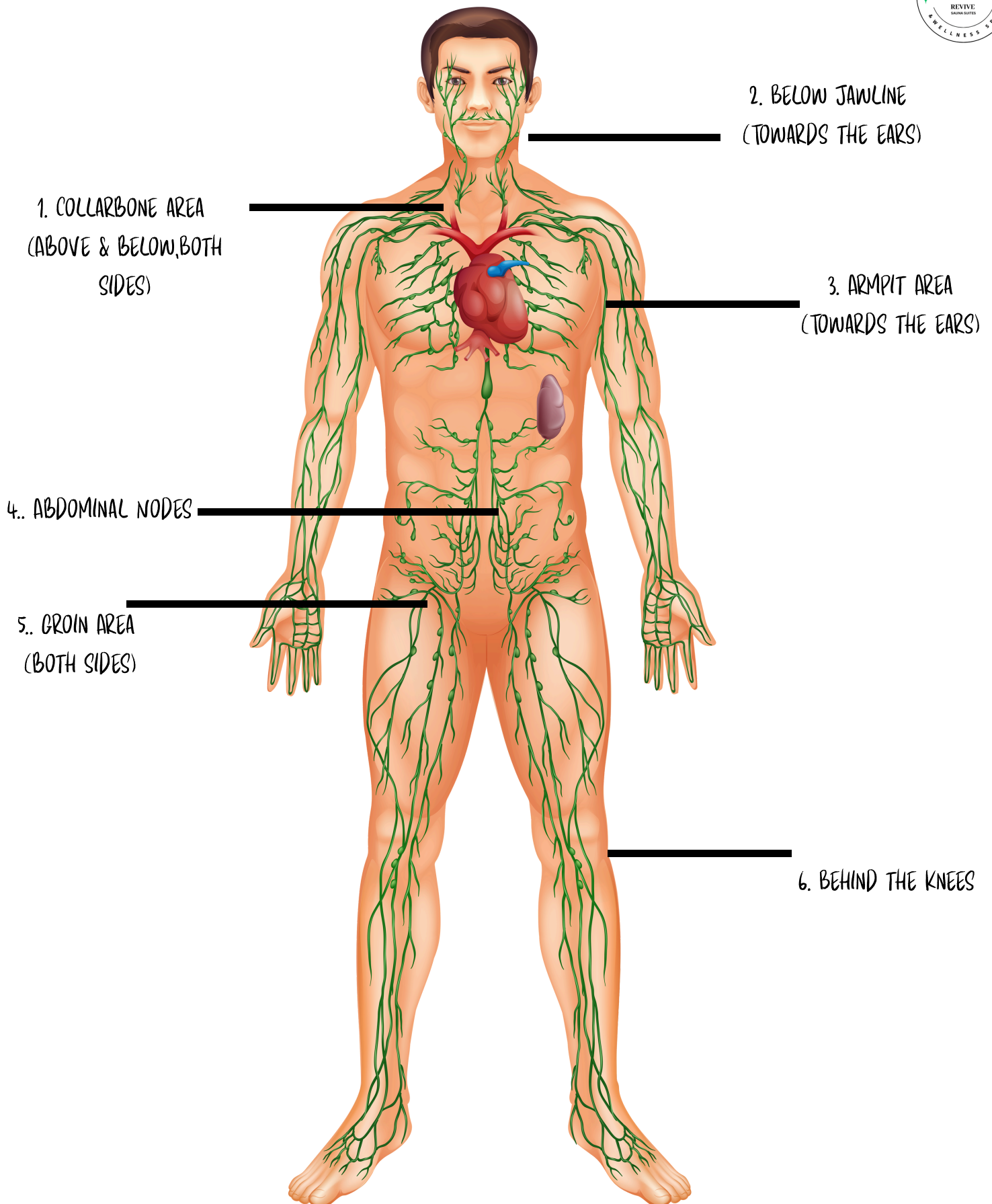


# MANUAL (SELF) LYMPHATIC DRAINAGE



This information is for educational and supportive purposes only. It is not intended to diagnose, treat, cure, or prevent any medical condition. Always consult with your physician or qualified healthcare provider before beginning any new wellness, detox, or self-care practice — especially if you have a medical condition, are pregnant, or are taking medication. Revive Sauna Suites does not provide medical advice or treatment. All content is based on personal experience, research, and holistic wellness practices.

## **Step 1: Activate the 6 Key Drainage Points**

Before working on the body, you must open the "drainage gates." These are areas where lymph fluid exits and filters through nodes. Start with these every time.

### **The 6 Key Drainage Points:**

#### **1. Supraclavicular Area (Just above your collarbones)**

Gently sweep or pump down with flat fingers toward your collarbone (about 10x each side).

#### **2. Below jawline towards ears (Sides of the neck down toward collarbone)**

With flat hands, slowly sweep from behind your ears, down the neck, toward the collarbone (10x each side).

#### **3. Under the Arms (Axillary nodes)**

Lift your arm and lightly pump or massage just inside your armpit with fingertips (10x each side).

#### **4. Abdomen (Inguinal nodes & cisterna chyli area)**

Place hands on the lower belly and gently sweep upward toward the ribcage or across toward the opposite hip bone. Think soft, rhythmic motions (10x).

#### **5. Groin Area (In crease between thigh and torso) Use gentle massage towards heart (about 10x both sides).**

#### **6. Behind the Knees (Popliteal nodes)**


Sit or lie down and use light pressure behind the knees in circular motions, then sweep upward along the back of the thigh (10x each side).



## 👐 Step 2: Full-Body (Self) Manual Lymphatic Drainage

Once you've activated the drainage points, you can do a gentle flow-down massage to encourage lymph movement. Always work from the top down, since lymph drains toward the chest.

### Suggested Flow:

- Face & Neck: Start behind ears, sweep down neck to collarbones.
- Arms: Gently stroke from fingers upward toward the armpits.
- Chest & Upper Body: Lightly sweep toward the center of the chest.
- Abdomen: Massage upward and across toward the center, then down toward the groin.
- Legs: Start at feet and stroke upward toward knees, then up the thighs toward the groin.
-  Repeat 5–10x per area using light, slow, intentional movements.

### 💡 Tips for Best Results:

- Drink water before and after to support drainage.
- Pair with infrared sauna, red light therapy, or castor oil packs for added benefits.
- Stay consistent — results build over time.
- Avoid if you have active infection, uncontrolled heart failure, or blood clots (ask your doctor if unsure).

