



Lymphatic Drainage Massage

Soundbites for Client Conversations

What It Does – Simple Explanations

- This massage helps your skin drain excess fluid so it looks less puffy and more refreshed.
- When we cleanse and exfoliate we are deep cleaning the outside of the skin, this massage cleans the inside too.
- It's like helping your skin take the bins out and makes room for fresh nutrient rich fluid.
- Your skin cells throw out the trash — lymph's job is to carry it away.
- It gently supports your skin's natural detox process.

How It Feels

- It's gentle, rhythmic, and deeply calming — like a facial for your nervous system.
- It's not about pressure — it's about flow and connection.
- It's one of the most soothing techniques you can experience.

What Clients Will Notice

- You'll feel lighter, look clearer, and leave glowing.
- This treatment helps your skin find its natural shape again.
- You'll feel calm, grounded, and more like yourself.

If the client has acne, rosacea, sensitive or allergy-prone skin

- This massage clears puffiness and helps facial contours look more defined.
- It's incredibly gentle — no friction, heat, or pressure, so it's perfect for reactive skin.
- For acne-prone skin, it supports detox without aggravating breakouts.
- With rosacea, we avoid stimulation — this calms from the inside out.
- It helps balance the skin, reduce inflammation, and settle sensitivity.

For regular facial maintenance or healthy skin support

- This is a great addition to any facial — even if there are no visible concerns.
- It helps maintain clarity, tone, and that healthy glow your clients love.
- It gives even healthy skin a circulation boost and supports ongoing skin function.
- Clients don't need a skin concern to benefit — it feels amazing and supports long-term skin health.

Setting Realistic Expectations

- It's not about changing your face — it's about revealing it.
- This isn't sculpting or lifting — it's de-puffing and clarifying.
- It won't change your bone structure — it clears what's sitting on top of it.
- It works with your body, not against it — that's why it feels so natural.
- You'll feel lighter, more refreshed, and more like yourself.