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Looking for a gentle wellness experience that helps you feel refreshed? This video explores everything you should know about lymphatic drainage massage. ... I Tried A Lymphatic Drainage Massage For the First Time If you're experiencing puffiness, swelling, or a feeling of heaviness, Ready to become a better therapist? Enroll in the Myofascial Expert Course today: ... First time getting a lymphatic drainage massage! If you're looking for instant relief with abdominal bloating try this maneuver for Are you looking for a non-invasive way to reduce swelling, improve circulation, or boost your immune system? What to expect after your first lymphatic drainage massage