

The Lymphatic Drainage Body Tool facilitates DIY massage. This body tool, made out of 100% pine wood, helps reduce the appearance of cellulite in the legs, arms, and back by aiding the lymphatic system in the release of excess fluids and toxins.

- ① Begin your Lymphatic Body Drainage ritual by moisturizing the area that you will be massaging. Use our **Lift & Tone Anti-Cellulite** for toned & even skin. We love using our **Jojoba Oil** or coconut oil to allow the tool to glide gently and smoothly throughout the body.

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- ② Awaken your lymphatic system by pumping the two major lymph nodes in the body. Pump the back of your knees & underneath the armpits 5 times each for optimal detoxifying results.

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- ③ Holding the tool in a horizontal position, begin by gently stroking starting at the ankle, toward the inner thigh in an upward motion. Repeat 3-7 times per leg.

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- ④ Holding the tool in a vertical position, use soft strokes in an upward position towards the outer thigh. Repeat 3-7 times per leg.

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- ⑤ Massage the back of the legs by holding the tool in a vertical position. We recommend using a step tool or a chair for reaching the back of the knees as you stroke in an upward motion until you reach the gluteal fold.

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- ⑥ Massage the arms by holding the tool in a vertical position, practice smooth and gentle strokes as you glide the tool wrist to armpit. Repeat this motion on the outer parts of your arm. Repeat 3-7 times on each arm.

MASSAGE DAILY FOR OPTIMAL RESULTS

*de la heart*