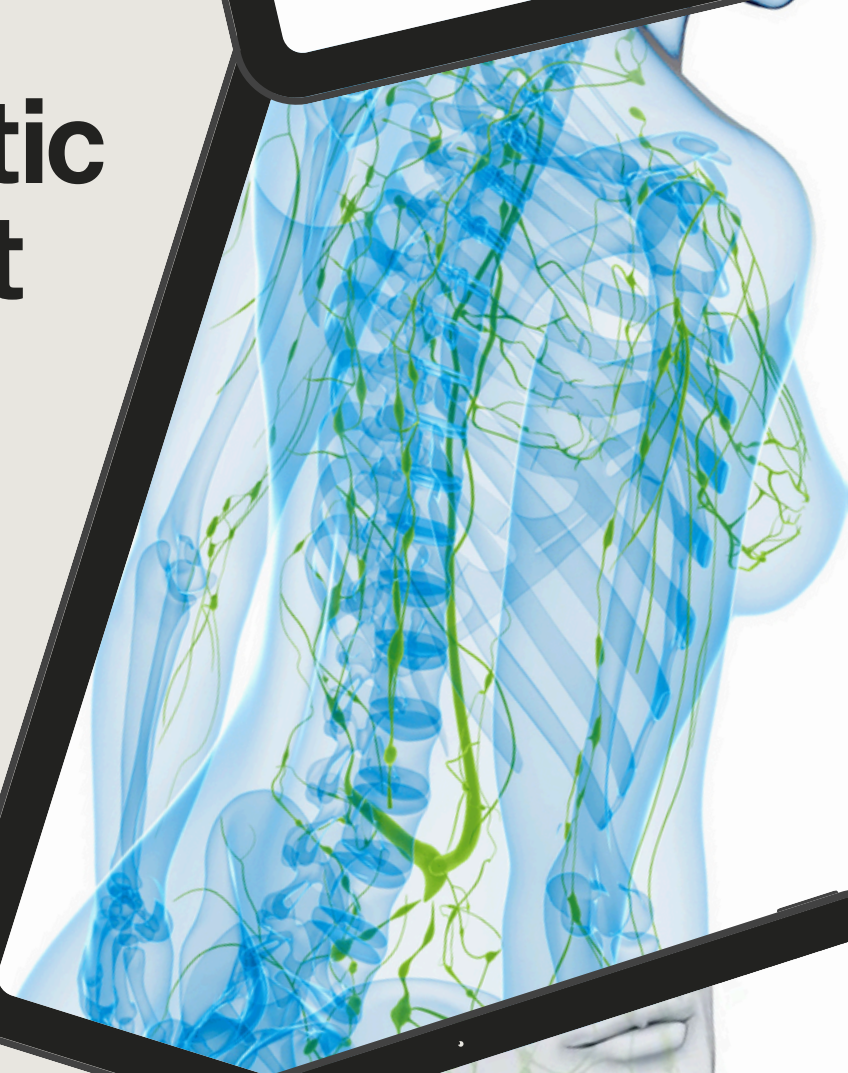
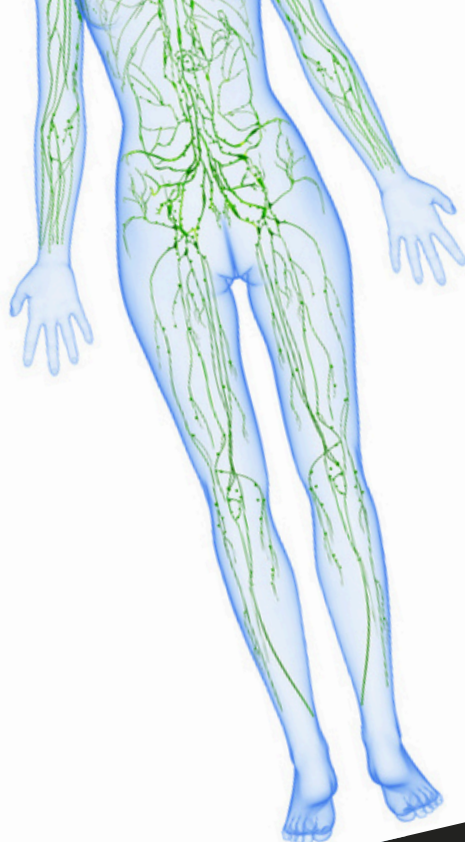


# FREE GUIDE

## The Lymphatic Reset Toolkit



13 steps for  
lymphatic homecare



# The Lymphatic Reset Toolkit

## *Simple, Safe Ways to Support Lymph Flow & Drainage at Home*

By O'xthala Remedial Massage Therapy

*Values aligned with healing*

### ◆ Why Support Your Lymphatic System?

Your lymphatic system clears waste, balances fluid, and supports immunity. But it has no pump — it depends on your movement, breathing, and self-care. When lymph flow slows, you may feel:

- Puffy or swollen
- Foggy or tired
- Slow to heal
- Prone to colds
- Stiff or heavy

This guide shows gentle, proven ways to reset your lymph flow — all from home.

### ◆ PART 1: Safe At-Home Lymphatic Support Techniques

#### 1. Dry Brushing

You need: a natural bristle brush

How to do it:

- Use on dry skin before showering
  - Brush toward the heart: feet → legs, hands → arms, belly → chest
  - Light pressure only — don't scratch or redden the skin
- 🕒 5–10 minutes, 3–5 times per week

Why: Activates surface lymph and boosts circulation

#### 2. Contrast Showers

How to do it:

- 1–2 mins hot water → 30 secs cold water
- Repeat 3 times, always end cold

Why: The temperature change pumps vessels open/closed, pushing lymph fluid

#### 3. Gentle Movement

Best options:

- Rebounding (mini trampoline): 5–10 minutes

- Walking: 15+ minutes daily
  - Stretching or yoga: Twists, leg drains, cat-cow
- Why: Muscle movement is how lymph travels

## 4. Deep Belly Breathing

How to do it:

- Sit or lie down
- Inhale through the nose, let belly rise
- Exhale through the mouth, let belly fall
- Repeat for 5–10 minutes

Why: The diaphragm presses on lymph vessels, especially the thoracic duct

## 5. Self-Lymphatic Drainage (Neck Area)

How to do it:

- Stretch skin just above collarbones inward toward neck – 10x
- Circle behind ears → down sides of neck
- Sweep gently toward collarbone

🕒 2–3 minutes, light touch only

Why: Clears the “main drains” in your neck to support full-body flow

# ◆ PART 2: Herbs, Teas & Natural Support

## 🌿 Lymph-Stimulating Herbs

Herb	Use & Benefits
Red Clover	Gently cleanses blood & lymph
Cleavers	Directly supports lymph movement
Dandelion	Supports liver + lymph detox
Nettle Leaf	Rich in minerals, reduces puffiness

✅ Drink as tea: 1 tsp per cup, steep 10 mins

✅ Or use tinctures as directed on label

## Stay Hydrated

- 2–3 L of water daily
  - Add lemon or sea salt to boost absorption
- Why: Lymph is water-based — dehydration causes stagnation

## Epsom Salt Baths

- Add 1–2 cups to warm water
  - Soak 20–30 mins
- Why: Magnesium relaxes tissues + encourages drainage

## Legs Up the Wall Pose

- Lie with legs up a wall for 10–15 minutes
- Why: Helps drain fluid from legs and lower body

## Loose Clothing & Natural Products

- Avoid tight bras or waistbands
  - Use natural deodorants + body products
- Why: Pressure blocks superficial lymph flow

## ◆ PART 3: Essential Oils for Lymphatic Flow

### Recommended Oils


- Grapefruit – Boosts lymph movement
- Cypress – Tones and clears lymph vessels
- Lemongrass – Supports tissue detox

How to use:

- Mix 2–3 drops in 1 tbsp of carrier oil
- Apply to neck, underarms, inner thighs
- Gently massage in circular or upward strokes
- Use daily or 3x/week

## ◆ PART 4: Mind-Body Methods That Help Lymph Flow

### Free Dancing

- Bounce, sway, twist, or gently shake your body to music
  - No rules — move how your body wants
  - Try barefoot or on a mat
-  5–15 minutes per day
- Why: Movement + joy = great lymph drainage

### Hypnotherapy & Deep Relaxation





What helps:

- Yoga Nidra (guided body scan)
  - Hypnotherapy tracks (especially vagus/parasympathetic focused)
  - Binaural beats (432Hz, theta waves)
  - Calming breathwork or somatic meditation
- Why: Reduces stress + cortisol, allowing better fluid movement and immune reset




## Daily Lymphatic Flow Routine (Sample)

*Simple ways to support lymph flow throughout your day*





### Morning

-  Dry brushing (5 mins)
-  Contrast shower (3 rounds hot/cold)
-  Herbal tea: dandelion, nettle, or red clover
-  2 big glasses of water with lemon + pinch of sea salt

### Midday

-  10–15 minutes walking or dancing
-  Deep belly breathing (5 mins)
-  Posture reset: gentle stretch, shoulder rolls

### Evening


-  Legs up the wall (10 mins)
-  Warm Epsom salt bath (20 mins)
-  Gentle lymphatic oil massage on neck, chest, or underarms
-  Optional: calming hypnotherapy or Yoga Nidra

## Natural Lymph-Boosting Electrolyte Tonic

*A simple drink to hydrate deeply and keep lymph flowing*

### Lymph-Loving Lemon Tonic Recipe:

- 1 L filtered water
- Juice of ½ lemon
- A small pinch of sea salt
- Optional: ½ tsp raw honey + a few mint leaves

 *Sip throughout the day*



**Why:** Proper hydration needs minerals to be absorbed. Lymph is 95% water — don't let it get sticky.

## Is Your Lymph Sluggish?

*Common signs your lymphatic system needs extra support:*

- Puffy face, under eyes, or ankles in the morning
- Brain fog or heaviness
- Cellulite that won't budge
- Feeling tired but wired
- Swollen lymph nodes (especially after illness)
- Recurring sinus issues or allergies
- Stiff joints or heavy limbs
- Frequent colds or slow healing

✨ *If 3 or more apply to you, it's time for a lymph reset.*

## 2-Minute Lymph Reset (Quick Ritual)

*For busy days or work breaks — no tools needed*

- 10 deep belly breaths
- 10 shoulder rolls
- Light brushing on arms, chest, and neck (dry or over clothes)
- 30 seconds of swaying or bouncing in place
- Smile + stretch arms overhead

🌀 *In just 2 minutes, you've reactivated your natural drainage system!*

## Your Reflection Space

*Feel the changes in your body, track your progress, and stay inspired*

- What change did I notice in my body this week?
- What practice do I feel most drawn to?
- When did I feel the most grounded or energized?
- What one small thing can I do again tomorrow?

## A Gentle Reminder from Oḡthala

You don't have to do it all at once.

Healing isn't about perfection — it's about reconnection.

Each deep breath, every glass of water, each gentle touch is a message to your body:

**"You are safe. You are supported. You are healing."**

**Trust your rhythm.**

**Honor your pace.**

**And remember, you're never alone on this path —  
I'm here to walk it with you.**



**— Sorina, RMT**

**Oxthala Remedial Massage Therapy**

***Values aligned with healing***