



**JAYNE POYNER**  
MASSAGE THERAPIST LMT, CLT, MLD-C

# Jayne Poyner Massage

## SPECIALIZING IN LYMPHATIC DRAINAGE THERAPY

Lymphatic Drainage enhances immune function, increases tissue metabolism, promotes decongestion and supports eliminating functions. This establishes fluid balance, reduces pain, and gives an analgesic effect for deeper relaxation.

### MY SERVICES

Manual Lymphatic Drainage

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Deep Tissue Massage

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Myofascial Release

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Lymphedema Management

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Temporomandibular Joint Dysfunction (TMJ)

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Clinical & Oncology Massage

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### CONTACT ME

For appointments, call or text  
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## EXPERIENCE TOTAL WELLNESS WITH LYMPHATIC DRAINAGE

### Edema and Swelling

Swelling in the extremities can become a problem, causing pain in joints, limiting movement, and affecting your overall quality of life. Over time, swelling can impair healthy blood circulation or nerve conduction.

### How does lymphatic drainage work?

Lymphatic drainage is unlike traditional massage. It is a light-touch technique, that works to assist in reducing lymphatic fluid from soft tissues.

As part of the body's immune system, health and well-being relies on a healthy lymphatic system. Its immunological functions filter foreign cells, unwanted particles, bacteria, tattoo ink, and transport nutrients and white blood cells to keep our body healthy. As a result of illness, trauma, medications, aging, lifestyle etc., our lymphatic system can become impaired or overloaded.

Research shows that lymphatic drainage has a systemic effect on the body, improving lymph flow, removing metabolic waste, bacteria, toxins, excess water and foreign substances from body tissue. The earlier swelling is treated, especially post surgery, the better.

### Key Benefits

**Relieve Swelling and Edema:** Reduce swelling, due to surgery or venous insufficiencies. Pre and post surgery.

**Enhance Your Immune System:** Support your body's natural defenses by improving lymphatic circulation.

**Alleviate Pain and Stress:** Find relief from chronic pain, stress, and tension with our soothing and gentle techniques.

**Detoxify Your Body:** Clear away toxins and waste products for a revitalized and healthier you.

**Scar Tissue Reduction:** Promote optimal healing and minimize scar tissue formation post-surgery or injury.

### Who Can Benefit?

- Cosmetic/medical surgery patients (pre and post-surgery)
- Lymphedema patients
- Individuals with chronic pain
- Anyone in need of stress relief