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Lymphatic Congestion

A guide to help acne, fluid
retention & toxin build up



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The Lymphatic System

Your lymphatic system plays an important role in supporting your immune system and detoxification pathways. It collects and filters fluid from your body and returns it to your blood stream. It also removes bodily waste.

The lymphatic system is made up of lymph nodes that are connected by lymph vessels. The lymph vessels are similar to your blood vessels and run all around the body. Your main lymph nodes are found in your neck, under your arm, and in your groin.



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Lymphatic Congestion

When lymphatic fluid is congested, it can accumulate toxins and bacteria within the nodes. Unlike the blood, which is moved around the body via our heart pumping, lymphatic fluid, when congested, may need some help moving things along.

Stimulating lymphatic movement and drainage can help prevent an accumulation of metabolic waste, toxins, bacteria, and viruses. Therefore, encouraging lymphatic movement can help to reduce acne development, fluid retention and lymph node inflammation.



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Now lets learn my top 3
Naturopathic methods
to stimulate the
lymphatic system

*It is important to remember to
increase your water intake whilst
encouraging lymphatic movement
A general guide is 2.5L per day for an
adult



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Facial Massage

Facial lymph massage stimulates circulation and encourages the drainage of lymph nodes and movement of stagnant lymph fluids around the face and neck. It can help make the face feel and look brighter, reduce breakouts and reduce puffiness. It is great for those who have acne to get the bacteria and toxins moving away from the face.

HOW TO FACIAL MASSAGE YOURSELF:

1. Start with deep belly breathing. Take a slow deep breath in through your nose until your tummy expands. Breathe out through your nose until your stomach is empty and repeat for five rounds.
2. When you are in a calm and comfortable position you can start the massage using a little bit of jojoba oil.
3. Apply pressure. Start at your forehead and move all the way down the edge of your face /hairline until you get to the chin.
4. Move in a circular motion with 3 fingers.
5. Now move around the bottom of the jawline towards the base of your skull. The idea is to stimulate the lymph towards the lymph nodes in your neck.
6. Using the palms of your hands, applying gentle pressure to slowly stretch the skin down toward the collarbone and then back up towards the forehead.
7. Use care around your eyes. For under your eyes, switch to your fingers and use a rolling movement.
8. Repeat the process around five times.
9. Finish off with the same five rounds of belly breathing through the nostril.



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Dry Body Brushing

Dry body brushing helps to detoxify your skin by encouraging blood and lymph circulation. It also helps to exfoliate the skin and unclog pores.

HOW TO DRY BODY BRUSH:

1. Get a bamboo dry body brush.
2. On waking (before shower) do dry body brushing.
3. Start at your feet and move up your body.
4. Brush your skin towards the heart/lymph nodes. Go around in a little circular motion with the brush.
5. Use light pressure in areas where your skin is thin and harder pressure on thicker skin.
6. After dry brushing, take a cool shower to help remove the dry skin.
7. You may want to consider a natural oil, like coconut oil, jojoba oil or sesame oil to moisturise your skin after the shower.



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Nettle Tea

Nettle tea gently stimulates the lymphatic system and promotes urination to help eliminate toxins and waste. Nettle Tea also contains chlorophyll which helps the body to detoxify.

Get a straight organic nettle tea & brew for 5 mins then sip on and enjoy.





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Extra help?

If you are struggling with acne or fluid retention it may be related to hormone imbalance, gut imbalance or nutrient imbalance.

I offer a free discovery call if you'd like to find out how Naturopathy & finding the root cause of the imbalances may benefit you.

Look forward to helping you!

[CLICK HERE](#)

to find a time to zoom
from anywhere in the world

