

# L-STIMULATE 15-MINUTE LYMPHATIC DETOX MASSAGE

The L-Stimulate 15-Minute Lymphatic Detox Massage can easily be done yourself when you focus on the lymph nodes found in the front of the body. Use a very light touch as 70% of your lymphatic vessels are located just underneath the skin, and if you use too much pressure you bypass these vessels. The results of this massage are relaxing, detoxing, and healing on many levels.



use l-stimulate essential oil blend to self-massage following diagrams below



21 consecutive days to start lymphatic detox



apply 1-3 drops neat on fingertips for each application



once weekly maintenance

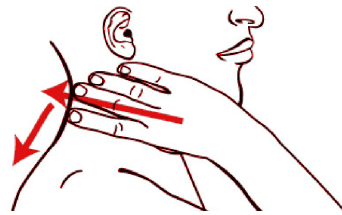


safety group #4



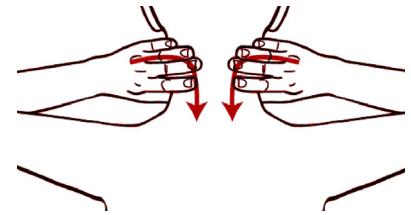
## Step 1: Collarbone

Place fingertips at the base of the neck, on the upper edge of the clavicle. Using a light touch, stretch the skin toward the sternal notch. Use a slow three-second stretch, then release completely for three seconds. Repeat four times.



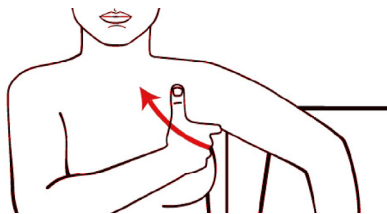
## Step 2: Spinal Chain

Place the pads of the fingers along the sides of the neck. Using a light touch, stretch the skin slightly forward and then down toward the clavicle. The total stretching movement should last three seconds, then be released completely for three seconds. Repeat four times.



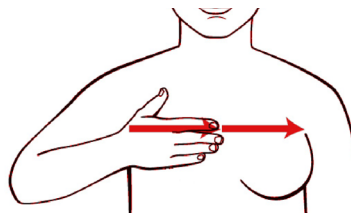
## Step 3: Back Chain (Trapezius)

Place fingers on top of the muscle at the back of the shoulders. Using a light touch, stretch the skin in a curving motion toward the outer shoulder, and then slightly forward. Total stretching movement should last three seconds, then be released completely for three seconds. Repeat four times.



## Step 4: Armpits (Axilla)

Lift one arm slightly and place the fingertips of the opposite hand in the peak of the armpit. Push gently inward, toward the center of the body, for three seconds and then release completely for three seconds. Repeat four times. Switch arms and repeat entire process on opposite arm.



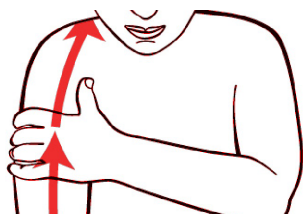
## Step 5: Chest

Massage the chest in a gentle sweeping motion directed toward the arm. Gently stretch the skin and release, repeating this motion 10 to 15 times on each side of the chest.



## Step 6: Groin (Inguinals)

Place fingertips on the crease between the leg and pelvis. Using light pressure, stretch the skin upward approximately one inch. Use a slow three-second stretch, then release completely for three seconds. Repeat four times. Switch legs and repeat entire process on opposite leg.



## Step 7: Arms

Using a light touch, massage the entire arm toward the head. Gently stretch the skin, beginning at the shoulder and working toward the wrist. The total stretching movement should last three seconds, then be released completely for three seconds. Repeat upward motion 10-15 times on each arm.



## Step 8: Hands & Fingers

Massage fingers by placing the index finger and thumb at the base of each finger and gently stretching the skin toward the hand. Massage back of hand and palm by gently stretching the skin toward the forearm and releasing. Repeat motion 10-15 times on each hand.



## L-Stimulate Essential Oil Blend

10ml Bottle or AromaStix  
Wholesale: \$27.00 | Guest: \$31.05

## L-Stimulate Deodorant

Wholesale: \$8.00 | Guest: \$9.20

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