

Melissa Doherty

Melissa has over 10 years experience in massage therapy, working with people recovering from injury or illness and helping those who suffer discomfort or disability caused by muscular or lymphatic distress. As Melissa is a qualified practitioner of both holistic and scientific based therapies, she is able to integrate and combine techniques to achieve the best therapeutic result for her patients. She believes we all contain the innate ability to heal and uses an intuitive approach to create the ideal environment to do so.

Manual Lymphatic Drainage (MLD)

Manual Lymphatic Drainage (MLD) is a form of manual therapy very different to other massage styles and is designed to activate and encourage the flow of lymph throughout the body.

MLD focuses solely on the lymphatic system and connective tissue immediately below the skin and does not penetrate to the deeper muscular level like a typical remedial massage. MLD utilises very light pressure combined with specific technique direction, timing & flow to encourage the flow of lymph around the body.

What is the lymphatic system?

Quite basically, the lymphatic system works with the cardiovascular system to ensure all the body's tissues get what they need and get rid of what they don't need.

The cardiovascular (heart) system pumps oxygen and protein rich blood to the tissues and organs. Most people naturally 'leak' fluid into the tissues from the blood capillaries through their processes. About 90% of this leaked fluid is taken back through cardiovascular system via the veins. But the other 10% is a fluid component that 'leaks' out into the tissues through the very tiny blood vessels. This fluid contains things too big to get back into the veins such as protein, cell debris, bacteria, viruses and fat.

This is where the lymphatic system takes over. Through its vast network, it 'mops' up this excess fluid, cleans it and moves it back into the cardiovascular system.

How does the lymphatic system flow?

The lymphatic system has no pump, it relies on internal one-way valves, skeletal muscle movement, arteries pulsing, and respiratory movements to move the fluid. It is continuously moving throughout our body cleaning the excess fluid to make it safe to re-enter the blood stream.

How does MLD affect the body?

Manual Lymphatic Drainage:
Stimulates the lymphatic system to absorb and transport lymph more efficiently to improve tissue health

Assists with detoxification (i.e. the removal of waste from the tissues)

Stimulates the immune system

Stimulates our nervous system to produce the calming relaxation response

Stimulates formation of new lymph tissue to transport lymph

What conditions can MLD help with?

Stagnant lymph flow of the head and neck.
Strains and sprains, Soft tissue damage
Post sporting event, Bruising, Frozen shoulder, Carpel Tunnel Syndrome
Fibromyalgia
Oedema during pregnancy in some cases

MLD is great for:

Oedema reduction, Sinusitis / Hay Fever
Pain relief, Arthritis, Chronic inflammation,
Pre- & post-surgery, Scar reduction
Headaches, tension and migraine.

What to expect in an MLD treatment

A full consultation will be conducted during your first visit to determine the correct treatment for your needs. Unlike other massage types, the majority of a lymph drainage massage will be done on the front of the body as this is where most of the lymph nodes are found.

The parts of the body and the sequence of the massage will be discussed beforehand so you know exactly what to expect during the treatment. Subsequent treatments will be discussed with you in accordance to your specific needs.

An MLD treatment is very different to remedial massage. It is important to understand we are only activating the system that is just below the surface of the skin.

Most people feel quite sleepy and relaxed during the treatment, and afterwards comment on feeling 'lighter' or 'less heavy' in the areas worked. You may find you need to frequent the toilet more, and it is important to drink plenty of water after the treatment as per a remedial massage.

Fees:

MLD Therapy session (60 Min). Fee €100

MLD Therapy session (30 Min). Fee € 60

Additional therapies offered by Melissa

Reflexology- Reflexology is the practice of applying precise pressure to specific zones and points on the feet with the goal of encouraging a beneficial effect on other parts of the body. It is also used to improve general health and wellbeing.

Sports Massage – Sports Massage therapy is a form of massage that involves the manipulation of soft tissue to benefit a person engaged in regular physical activity. It assists in correcting problems and imbalances in the soft tissue that are caused from repetitive or strenuous actions or due to trauma.

Dry Needling- Dry needling is the insertion of a sterile single use acupuncture needle directly into myofascial (muscular) trigger points. Trigger points are tender taut bands within a muscle which cause and contribute to pain in the body. Research studies have shown that inserting these needles into trigger points causes favourable biochemical changes within the body and helps to alleviate pain.

Massage session can be enhanced with additional cold laser light therapy and Avalon LED light therapy. (additional 35 euro)

Please ask us for more information or visit our website www.ishskowellnesscentre.com



MELISSA DOHERTY

Manual Lymphatic Drainage Therapy

Manual Lymphatic Drainage (MLD) is very gentle, 'light touch' form of massage based on light, rhythmical, very precise hand movements, which works to help re-circulate body fluids and stimulate functioning of the immune system and helps the body eliminate toxins.