

MANUAL LYMPHATIC DRAINAGE THERAPY WITH RACHEL



Do you need help with the following?

- 🌿 Bloating, Swelling / Oedema, Inflammation
- 🌿 Feeling tired & sluggish
- 🌿 Hormone health
- 🌿 Chronic illness
- 🌿 Post operative care
- 🌿 Oncology MLD
- 🌿 Pregnancy MLD

Manual Lymphatic Drainage can help!

The Lymphatic system is an under appreciated, highly important system within our bodies. The impact of the lymph on our health, longevity and the role it can play in preventing and decreasing cancer, heart disease, gastrointestinal issues, hormone health and much more is crucial to our health & wellbeing.

How can I help you?

My name is Rachel and I am passionate about helping people who are suffering with chronic pain and illness. I am a Manual Lymphatic Drainage Therapist & Advanced Clinical/ Sports Massage Therapist. The MLD Therapy I offer is a unique blend of traditional Manual Lymphatic and Brazilian Lymphatic Drainage. This treatment is not only therapeutic with a results led outcome but is also a relaxing session that comes with education on how extraordinary our lymphatic system is. You will also receive comprehensive after care advice and tips for self care in between your treatments.

This blended method of working the superficial Lymphatic vessels as well as stimulating the deep Lymphatic trunks enhances detoxification, reduces inflammation, helps with hormone health, stress management & bloating and will also give you an increased feeling of energy and glow.

Locations

Tattenhall Physiotherapy & Well-being Clinic, Tattenhall, Cheshire.
Aptitude Health & Fitness, Farndon, Cheshire.

Price

Manual Lymphatic Drainage Therapy April 2026: 1 hour 15 mins - £100 | 1 hour 30 mins - £130

Post Operative Manual Lymphatic Drainage and Oncology Lymphatic Drainage will be available from April 2026. Please check my website for further details.



Contact

📞 Rachel Martin - phone/what's app - 07535 358716

📷 @intergrated.bodywork.cheshire

📘 Rachel Martin Remedial Therapist

www.rachelmartinclinic.co.uk