

## **Sue Hansard**

B.A. Nurse, RN, NMC 78I2276E 1982

Lymphoedema Nurse Specialist:

LDM Diploma 2001

IHM Diploma 2003

MLD Cert.(LeDuc method) 2005-15

FG-MLD Certificate 2015 +2017

Sue has worked in lymphoedema management since 1998.

### **Treatment charges**

**Initial Consultation +treatment** £50  
(Full medical history essential).

### **Subsequent treatments:**

30mins £25

1 hr £45

1 ½ hr £55

Cancellations:

24hrs notice or 50% fee applies.

Gift Tokens are available.

## **New Treatment for 2018**

Sue is excited to now offer

### **Deep Oscillation® therapy**

(where medically appropriate),

using specialised equipment from  
Physiopod, Germany.

**Deep Oscillation®** is a patented  
electromechanical therapeutic  
procedure,

producing a gentle vibrating  
electrostatic pulse

to stimulate lymph flow,  
soften fibrosis  
and relieve pain.

For details and to see testimonials,  
visit

[www.physiopod.co.uk](http://www.physiopod.co.uk)

---

To see client feedback or to add  
your own comments about **FLC**  
treatment visit

[www.compare-all-care.co.uk](http://www.compare-all-care.co.uk)

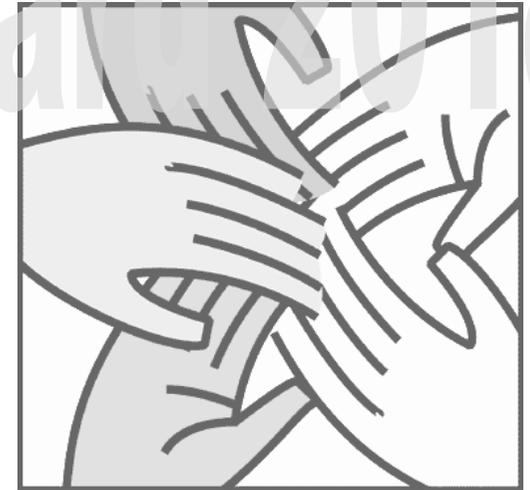
---

Promotions design by Stephen, 2018  
[www.LiveAndLearnWell.co.uk](http://www.LiveAndLearnWell.co.uk)

# **First Lymph Care**

**Lymph Drainage  
massage  
and**

**Indian Head massage  
for balance  
of body and mind.**



### **Contact Sue Hansard**

01827 251197

[Sue@FirstLymphCare.co.uk](mailto:Sue@FirstLymphCare.co.uk)

[www.FirstLymphCare.co.uk](http://www.FirstLymphCare.co.uk)

---

*Copyright © Sue Hansard 2018*

## The Lymphatic System

is the body's defence against infection. Lymph fluid circulates throughout the body supplying nutrients and removing toxins from the tissues. Lymph nodes filter out excess proteins, dead and abnormal cells and bacteria, returning cleansed lymph back into the bloodstream.

If the system's drainage routes are blocked or damaged, lymph might accumulate in the tissue causing swelling (oedema).

**MLD** helps to re-establish balance and flow, thereby reducing swelling.

## Manual Lymphatic

### Drainage Massage (MLD)

is a relaxing therapy using specialised techniques to massage lymph nodes and lymphatic vessels, to improve lymph drainage throughout the body.

*First*

## MLD is effective for:

- ✓ lymphoedema
- ✓ lipoedema
- ✓ sinus problems
- ✓ headaches
- ✓ constipation
- ✓ relaxation
- ✓ bloating
- ✓ puffy eyes
- ✓ restless legs
- ✓ breast tenderness

MLD is ideal for sensitive skins because no oils or creams are used and it is very gentle.

### Note

MLD and IHM are not suitable for certain medical conditions. Please check with your GP.

*Lymph*

## Indian Head Massage (IHM)

is a modern technique based on Indian traditions which treat the upper back, shoulders, neck, scalp and face in sequence.

Clients can be treated seated or lying down and may choose to be massaged through clothing, or on the skin using oils or creams

The therapist uses specific techniques to help de-stress or invigorate the body and mind.

## IHM is beneficial for:

- ✓ relaxation
- ✓ muscle tension
- ✓ skin tone
- ✓ joint mobility
- ✓ headaches
- ✓ mental alertness

*Care*