

LYMORA

FREE GIFT · GUIDE 2 OF 3

The 5-Minute Lymphatic Massage

Lymora reopens the drain from the inside. This routine pushes the fluid toward it from the outside. Start it tonight, while your pouch is on the way, and your first dose lands on a body that is already moving fluid.

One rule before you start. Lymph sits just under the skin. Press so lightly that the skin moves but the muscle under it does not. If it hurts, you are pressing too hard.

Lymora Lymphatic Drainage · trylymora.store

Inside plus outside

Your lymph system is a set of thin tubes that carry extra fluid, salt, and waste out of your tissues. It has no pump. It moves when you move, when you breathe deeply, and when the skin above it is gently stroked toward a drain.

Lymora's 21 botanicals work on the drain itself: Cleavers, Nettle, and Blue Flag reopen it, Dandelion and Burdock filter, Bromelain and Ginger break down the swelling. That is the inside. This 5-minute routine is the outside. It moves the fluid that is already loose toward the exits, so the softgels have less to push.

Why start before the pouch arrives. On its own, the massage moves fluid slowly, and the effect fades by the next day. That is fine for now. What matters is that your hands learn the strokes this week, so on Day 1, when the drain opens, you are not learning anything new. You are just doing it faster and on a body that finally lets go.

Where the drains are

- **Face and neck:** the lymph nodes just above your collarbones. Every face stroke ends there.
- **Legs:** behind the knees and at the top of the thighs. Leg strokes go up, never down.

Before you start

- Wash your hands. Use a little face oil or moisturizer so your fingers glide.
- Sit or stand in front of a mirror for the first few days until you know the strokes.
- Take three slow belly breaths. Deep breathing alone moves lymph.
- Best time for the face: morning, right after you wake up. Best time for the legs: evening, after work.

Pressure check. Put two fingers on the back of your other hand and slide the skin around without pressing into the bone. That is the pressure. Use that everywhere.

When NOT to do it

- On skin that is cut, burned, infected, or has an active rash.
- When you have a fever or a swollen, painful lymph node.
- If swelling is sudden, or only on one leg or one side of the face. See a doctor first.
- If you are pregnant or have a heart, kidney, or thyroid condition, ask your doctor before starting.

The routine · 5 minutes · 10 strokes each unless stated

1

Open the drains

30 sec

Place your fingertips in the soft dip just above each collarbone. Press down very gently and release. 10 slow pumps. This tells the system to start emptying. Never skip this step.

2

Neck sweep

1 min

Flat fingers behind each ear. Stroke down the sides of the neck to the collarbone. **Ear** → **collarbone**. 10 strokes each side. Then 5 more strokes from the back of the neck, forward and down.

3

Jawline

1 min

Two fingers on each side of the chin. Stroke along the jaw to the spot under the ear. **Chin** → **under the ear**. 10 strokes. Finish with 5 neck sweeps so the fluid keeps going down.

4

Under-eyes and cheeks

1 min

Ring fingers under each eye, next to the nose. Stroke outward along the bone under the eye to the temple. **Nose** → **temple**. 10 strokes. Then flat fingers on the cheeks, from the sides of the nose out toward the ears, 10 strokes. Finish with 5 neck sweeps.

5

Forehead

30 sec

Fingers flat at the center of the forehead. Stroke out to the temples, then down in front of the ears to the neck. **Center** → **temple** → **neck**. 10 strokes. End with 3 pumps above the collarbones, same as step 1.

6

Legs

1 min

Sit with one leg straight. Press gently behind the knee 5 times. Then stroke with both hands from the ankle up to the knee, 10 strokes. Then from the knee up to the top of the thigh, 10 strokes. **Ankle** → **knee** → **thigh**. Switch legs.

Pair it with your pouch

When	What	Why
Tonight, before the pouch arrives	Full routine, steps 1 to 6	Learn the strokes. Loosen what is already there.
Delivery day, evening	First 2 softgels with a full glass of water, then steps 1 to 6	Inside and outside on the same night. Tomorrow's photo is Day 1.
Every morning, Days 1 to 14	Steps 1 to 5 (face and neck), 4 minutes	Clears the fluid that pooled under the eyes and along the jaw overnight
Every evening, Days 1 to 14	Step 1, then step 6 (legs), 1 to 2 minutes	Empties heavy legs after a day of standing, sitting, or commuting
Any time you feel puffy	Step 1 and step 2 only, 1 minute	The neck sweep alone moves the most fluid
After Day 14	3 mornings a week	Maintenance. The softgels keep the drain open; this keeps the face sharp.

What it looks like when both are working

"sa pictures mukang lumiliit face ko every week. hubby noticed pa!!"

Rosemarie, 51, Iloilo City

"mabigat lagi legs ko pag uuwi ng bahay. hindi na!! super love ko to"

Aileen, 49, Makati

Common mistakes

- **Pressing hard.** Hard pressure closes the small lymph tubes. Light and slow wins.
- **Stroking upward on the face.** The drains are below. Face strokes go out and then down.
- **Skipping step 1.** Opening the drains first is what makes the rest work.
- **Doing it once a week.** Five minutes daily beats thirty minutes on Sunday.
- **Stopping when the face improves.** The legs and belly come later. Keep the softgels going for the full pouch.

This guide gives a general self-care routine. It is not medical advice and does not treat any disease. Stop and see a doctor if any area becomes red, hot, or painful. Individual results vary.