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| <b>Course Title:</b>              | <b>Manual Lymph Drainage Massage Course</b>   |
| <b>Course Cost:</b>               | £200  |
| <b>Group Course</b>               |   |
| <b>1-1 Course:</b>                | £250 – bring your own models, student does not receive a treatment-- A model can be supplied for a small fee of £10 per day, payable on the day.  |
| <b>Course Length</b>              | 2 days – 9.30-3.30approx  |
| <b>Course Entry Requirements:</b> | <b>Body Massage Certificate required</b>  |
| <b>Course Type:</b>               | Theory & Practical - includes exam (returned in 7 working days) and case studies, up to 6 months to complete from course date. These are PDF's and completed electronically at home<br><b>Not suitable for tablets or mobile.</b>   |
| <b>Qualification awarded</b>      | DT Practitioners Diploma  |
| <b>Accreditation</b>              | Accredited with the Guild of Holistic Therapists  |
| <b>CPD Points</b>                 | 45 points   |
| <b>Paying for your course:</b>    | <b>ITA Funding</b> - This course can be funded using Individual Training Account funds – PLEASE NOTE - the funds must be in place before a booking can be made. Once your ITA account is in place please contact DT Therapy School to arrange your booking. <b>Please note – The precourse workbook is emailed one week prior to the course, requires to be read before attending and the Anatomy Ref Manual is emailed on course day.</b><br><br><b>Deposit, Full Payment &amp; Balance – For all non ITA applicants</b> - a non-refundable deposit of £65 secures your place - please contact DT Therapy School to arrange your booking. Payments can be accepted via card, paypal, cash, cheque or Bacs. Balances paid 2 weeks before course date. <b>All non ITA applicants are emailed a precourse workbook and an anatomy ref manual prior to the course</b>  |
| <b>Course Information:</b>        | MLD is a highly specialised form of massage. It involves using light pressure with very rhythmical and very precise hand movements. These techniques, when used along with light pressures and in sequences, working along the surface of the skin can influence the direction and speed of lymphatic flow, re-directing if necessary.<br><br>The therapist will have developed a great degree of skill in lightness of touch as well as a deep knowledge of how the lymphatic system works. The aim of the MLD therapist is to bring balance to the tissues. If there is too much fluid in the tissues, they become soft and spongy to the touch.<br>If excess fluid is present it can interfere with cell nutrition – oxygen and nutrients will take longer to pass through the tissues and get from the bloodstream to the cells through the interstitial fluid. |



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This will also mean that waste products from cell metabolism will take longer to move from cells to the transport system, which will remove them from the body. If the lymphatic system is functioning well, we feel well.

There are many reasons for the Lymphatic system to be sluggish and not functioning well, leaving fluid static in the tissues. Pollution, toxins, poor nutrition, mucous formation, overload from previous viral or bacterial infections etc – these are all things that can give rise to cellular stagnation

**Course Manual  
Contents  
Include :**

- Copyright, Insurance, Tax & Accounts
- Manual Lymph Drainage (MLD) Massage
- What is Manual Lymphatic Drainage
- How does MLD work
- Anatomy of the Lymph System
- What is Lymphedema/Lymphoedema
- Benefits of a MLD Massage
- Contra-Indications for MLD Massage
- Routines
- Client Consultation Form & Data Protection
- Consultation Form Template
- After Care Advice Template
- Using Aromatherapy Oils & Waxes during Massage
- Common Foot Problems
- Health & Safety Law, Licence Requirements
- Infection Control
- Sensitivity Testing
- Therapists Code of Practice
- Anatomy reference manual supplied for ongoing learning

**Practical  
Modules to be  
completed**

- Front of body
- Back of body



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