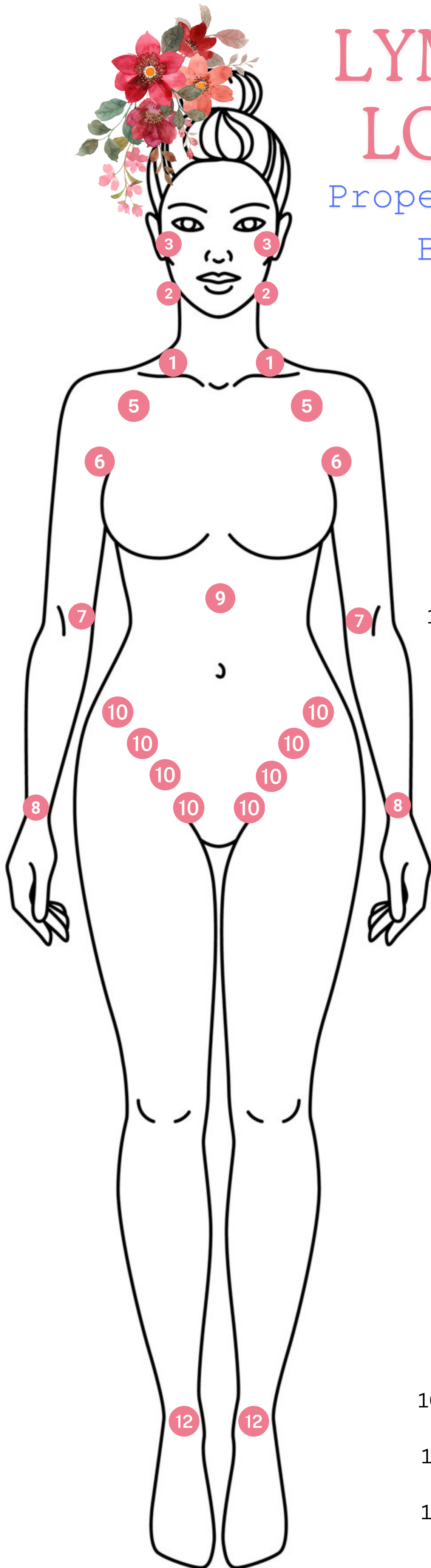


# LYMPH NODE LOCATIONS

Proper Order for Full Body Drainage



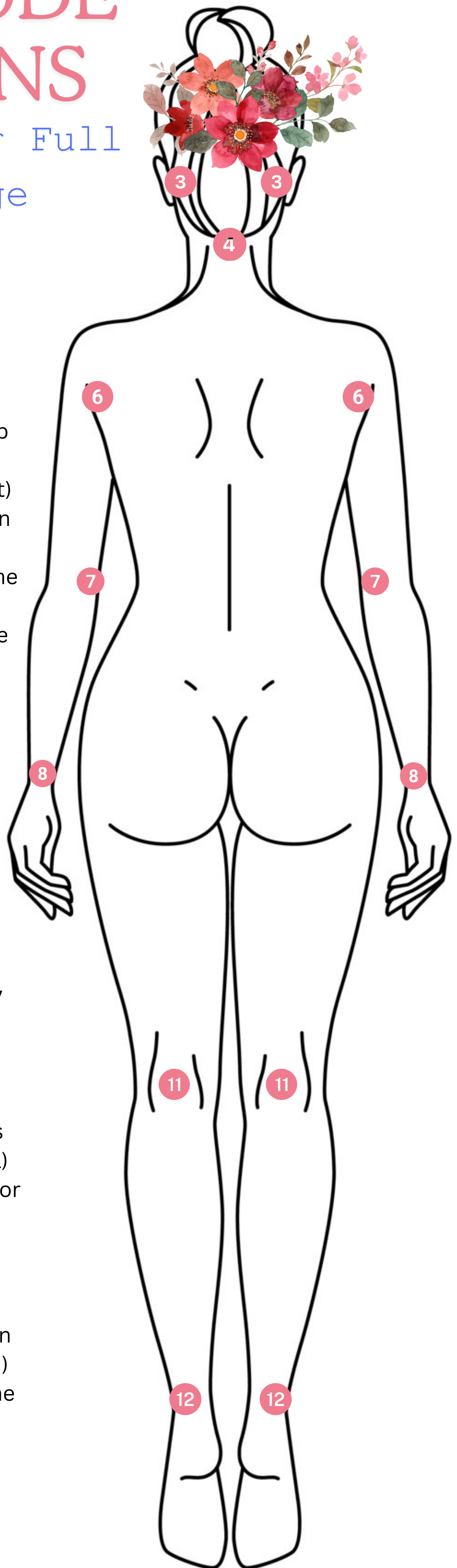
## Specific 7 For Quick Lymphatic Drainage

1. Termini (collarbone)
2. Tonsillar node
5. Apical (below bra strap or inside of shoulder)
6. Axillary node (armpit)
9. Cisterna Chyli (between bellybutton & sternum)
10. Groin (inside of hip bone to pubic bone)
11. Popliteal (behind the knee)



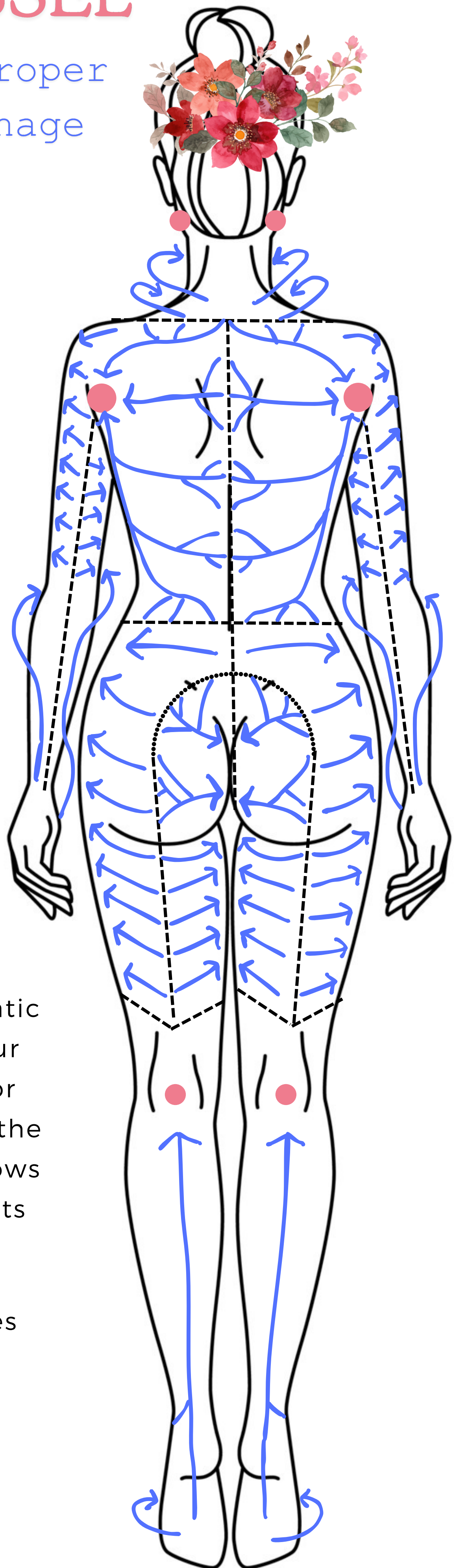
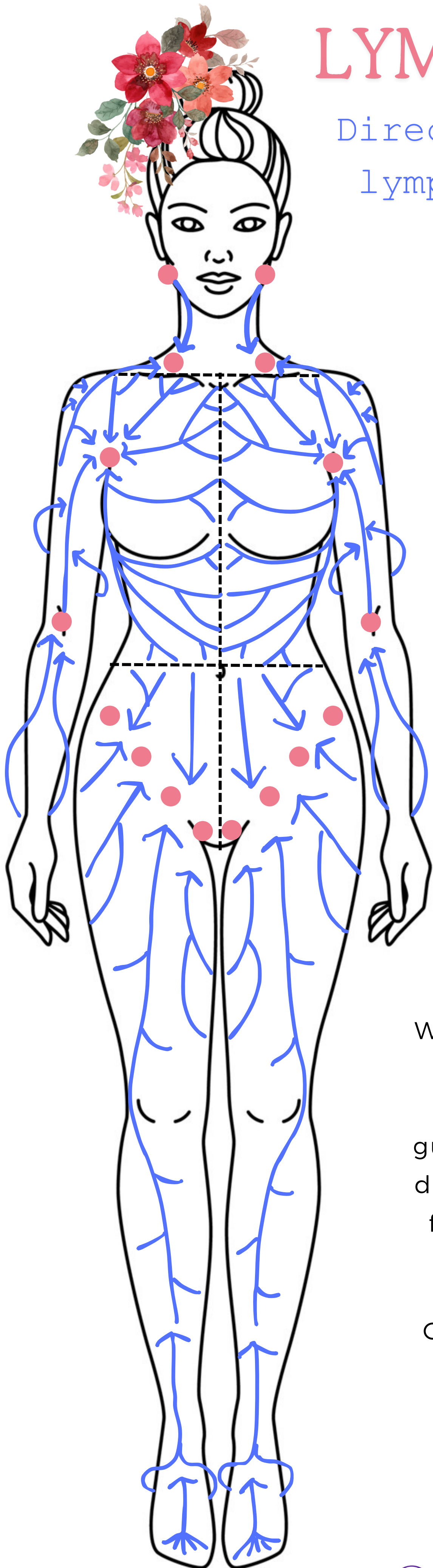
## Total 12 for Full Body Lymphatic Drainage

1. Termini (collarbone)
2. Tonsillar node
3. Front and back of ears
4. Occipital (base of skull)
5. Apical (below bra strap or inside of shoulder)
6. Axillary node (armpit)
7. Elbow
8. Wrist
9. Cisterna Chyli (between bellybutton & sternum)
10. Groin (inside of hip bone to pubic bone)
11. Popliteal (behind the knee)
12. Ankles (inside and outside)



# LYMPH VESSEL

Direction for proper lymphatic drainage



When doing lymphatic drainage using your hands, dry brush or gua sha tool follow the direction of the arrows for maximum results

Gentle, short strokes tend to work best.

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