

LYMPHATIC & FLOW

Suggested starting points for gentle lymphatic support, healthy fluid movement, relaxation and an overall sense of lightness.

SUGGESTED SERVICES

AVAILABLE NOW

Lymphatic Massage (Flow Focus)

A gentle, specialized full-body session using very light, slow and rhythmic techniques to support healthy lymphatic fluid movement, relaxation and an overall sense of lightness.

Relaxation Swedish Massage

Smooth, flowing massage techniques designed to encourage physical relaxation, ease everyday tension and support restorative self-care.

Focused Clinical Massage (Flow Support)

A focused massage for one or two areas where muscular tightness or soft-tissue restriction may be affecting comfort and ease of movement. It may complement, but does not replace, lymphatic care.

PLANNED ON OR AFTER OCTOBER 1, 2026

Integrated Wellness Session (Flow & Movement Focus)

A personalized session combining appropriate hands-on techniques with breathing, gentle mobility and movement strategies to support comfort, mobility and overall wellness.

Functional Mobility Training

Individualized movement activities that may include mobility exercises, corrective exercise, balance work, body-mechanics education and home strategies.

Exact availability may vary by service, program, enrollment and scheduling.

EverLife provides independent, nonmedical wellness services. Services do not diagnose or treat lymphatic, circulatory, digestive or other medical conditions and do not include physical therapy or rehabilitation. Screening, modification or medical clearance may be required.