

M'Technique

Contra Indications:–

Lymphoedema - For which the MLD Vodder method is the only suitable option.

Skin conditions:- Some skin conditions necessitate gloves or M'ing through clothes – the latter still has a very profound effect and can be useful for the elderly who do not want to undress.

Varicose veins are also avoided during treatment.

Side Effects – none. It is considered to be very low risk.