

THE BODY TEMPLE SPA · ATHENS, GA

★★★★★ 5.0 · 227 GOOGLE REVIEWS

Lymphatic Drainage *Massage*

Pricing · Services · Packages — your guide.

2350 Prince Ave, Athens, GA 30606

Founded 2020 · 6,000+ bodies served

+1 (959) 400-9242

thebodytemplespa@gmail.com

ABOUT THIS GUIDE

What this is & who it's for.

Manual Lymphatic Drainage (MLD) is a light, rhythmic technique that clears the fluid your body can't drain on its own — supporting recovery, reducing swelling, and helping you feel lighter.

6,000+

Bodies served since
2020

7+ yrs

MLD-only practice

**CLDT &
CDT**

Certified therapists

5.0 ★

227 Google reviews



Best fits for MLD

- ✓ **Post-surgery recovery** — BBL, liposuction, tummy tuck, breast surgery, joint replacement, any procedure with lingering fluid retention.
- ✓ **Lymphedema** — primary or secondary; we work alongside your physician with Complete Decongestive Therapy protocols.
- ✓ **Chronic inflammation & fluid retention** — that persistent puffiness, heaviness, or bloating that won't quit.
- ✓ **Pre & post-natal** — gentle support for swelling, circulation, and recovery.
- ✓ **Injury recovery & sports** — accelerated healing without aggressive deep-tissue work.

Note: MLD is generally safe but contraindicated for active infection, blood clots (DVT), congestive heart failure, and some active cancers. We do a full health intake before every session.

PRICING & PACKAGES

Single sessions & multi-session plans.

Verified prices from thebodytemplespas.com. FSA/HSA eligible for medically necessary care.

30-Minute Session

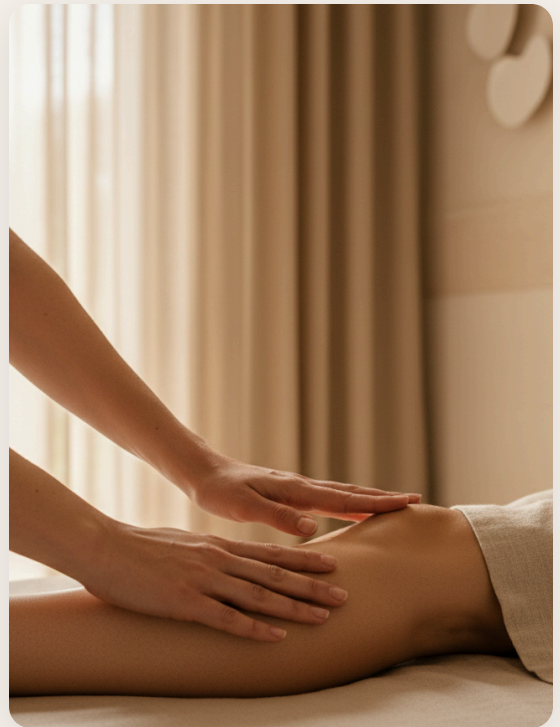
Targeted drainage for a specific concern — face, abdomen, or limbs. Great for trial or maintenance.

\$65
/ session

60-Minute Session

Full-body lymphatic drainage with detailed aftercare guidance. Most-booked single option.

\$130
/ session



SAVE UP TO 20%

10-Session Package

Designed for clients with active swelling, post-surgery recovery, or chronic conditions. Multi-session pricing trains your lymph system to drain more efficiently between visits.

- Session 1 — Baseline measurements + intro to lymphatic technique
- Session 2 — Increased coverage of lower body and extremities
- Sessions 3–7 — Full head-to-toe drainage; cumulative effects appear
- Sessions 7–10 — Longer intervals; lymph system functioning more independently

Most clients schedule 1–3 sessions per week. Typical 10-session package runs over 4–6 weeks. Package expires 3–6 months from purchase.



YOUR FIRST SESSION

What to expect.

No phone tag, no surprises. Here's exactly how it works from the moment you reach out — to the day you leave the table feeling lighter.

01 Intake & matching

Tell us what you're dealing with — post-op, lymphedema, chronic inflammation, pre/post-natal — and we match you to the right session length, the right pressure, and the right therapist. We text pricing & the next 3 open slots within the hour.

02 Health review & pre-care

Before your first session, we do a full health intake (medical conditions, medications, recent surgeries). Bring physician's notes if relevant. Pre-care: hydrate well, skip heavy meals 2 hours prior, wear loose comfortable clothing.

03 The session

Light, rhythmic pressure that opens the lymphatic system. Unlike deep tissue, it should not be painful or cause soreness. Most clients feel a measurable drop in swelling and feel lighter before they leave the table.

04 Aftercare & next steps

Written aftercare plan goes home with you: hydration, no alcohol for 24 hours, gentle walking. We're available between sessions for questions. After session one, your therapist gives a personalized recommendation for how many sessions to plan.

READY WHEN YOU ARE

Stop pushing through the *swelling*.

"My doctor recommended post-op lymphatic drainage massages for 6 weeks to help with healing and fluid build-up. I was able to quickly book and every massage I feel better and less swollen when I leave."

— Kayla Byler Seawright · Verified Google review

VISIT US

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REACH US

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[Text us to book →](#)

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