



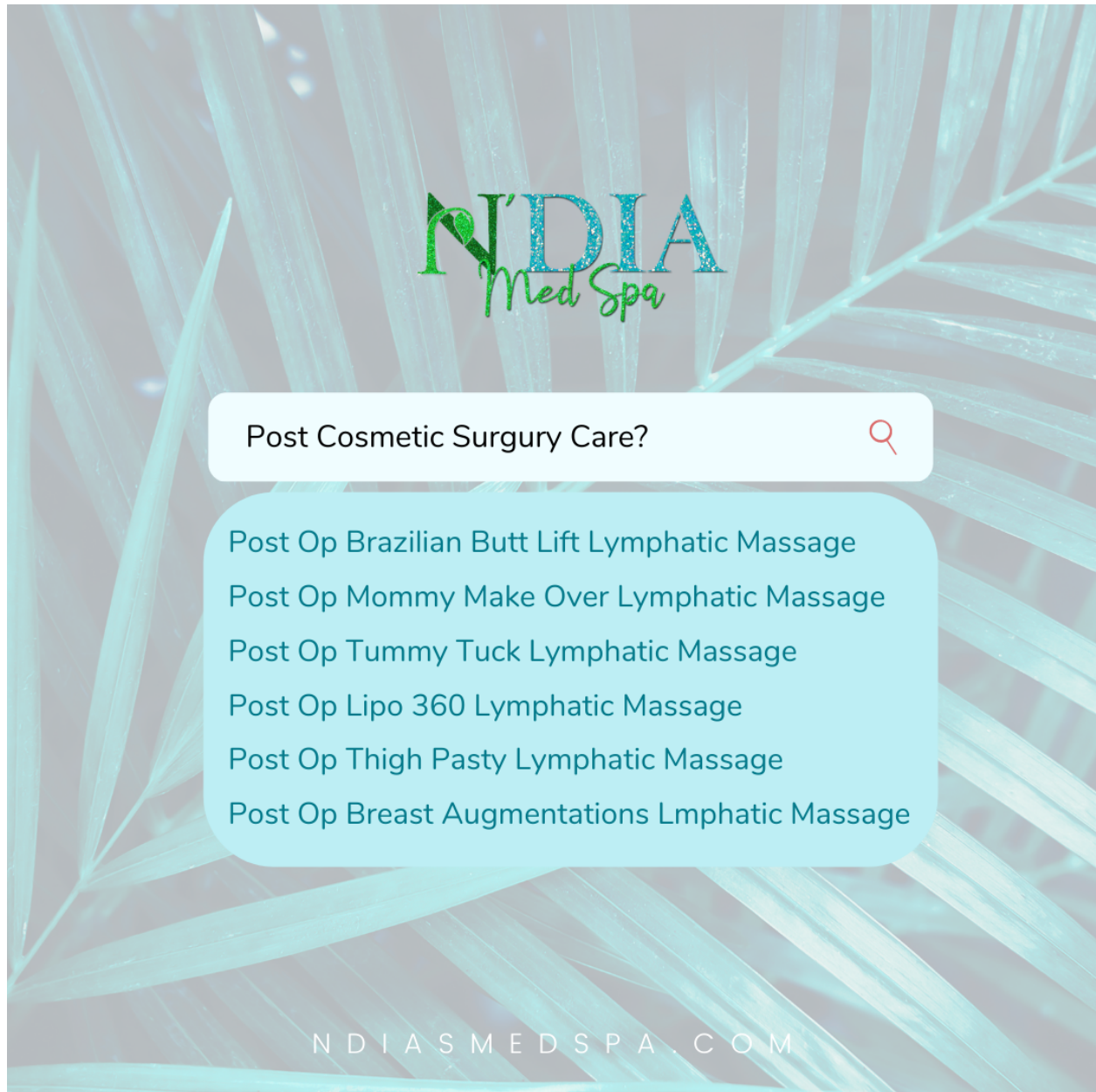
Did you know you can feel your best in no time after cosmetics surgery?

⇒ In No Time?

Yup, that's right!

Our Lymphatic Drainage Massage therapy can recover you faster than ever after cosmetic surgery. It can help shed wastes and metabolic toxins from the body as well as reduce swelling, bruising, and inflammation. This will ultimately improve your look and overall health faster than usual.

Reach out to us to improve your surgical outcome and overall quality of life! Link in Bio.



Ever wonder what kind of cosmetic surgery procedures will require Lymphatic Drainage Massage as Pre or Post OP care?

It doesn't matter what kind of surgery you're having; you can always get Lymphatic Drainage Massage therapy. It can not only prepare your body for cosmetics surgery but also reduce the risk of infection, inflammation, bruising, and scarring post-surgery.

Our Lymphatic Drainage Massage is for you if you've undergone or planning to undergo;

- Tummy Tuck

- ☐ Lipo360
- ☐ Brazilian Butt lift
- ☐ Mommy makeover
- ☐ Thigh pasty
- ☐ Breast Augmentation

To get the best pre and post OP care, Visit the Link in Bio!



Did you know that your body may be ill-equipped to recover from the tummy tuck you have planned?

- ✦ Sometimes, our bodies aren't prepared for harsh tummy tuck procedures. Before surgery, the body needs to be in a peak condition to help incisions go quickly, heal faster, and decrease scar tissues.
- ✦ We at N'DIA Medspa prepare your body for a tummy tuck by our Pre OP Lymphatic Drainage Massage that increases your energy and shorter overall recovery time.

To maximize the results of your tummy tuck, Schedule your appointment for Lymphatic Drainage Massage via Link in Bio!



Are you planning to go for cosmetic surgery? But, worried about how your body will respond?

Our Pre OP Lymphatic Drainage Massage is a perfect solution for you!

Here is how!

- ★ Prepare tissue for surgery
- ★ Alleviate edema
- ★ Detoxifies tissue

- ★ Stimulate immune system
- ★ Promote relaxation

Book our Lymphatic Drainage Massage therapy to enhance your surgery experience! Link in bio

N D I A S M E D S P A . C O M



N'DIA
Med Spa

Post Op

BREAST AUGMENTATION

LYMPHATIC DRAINAGE MASSAGE
AIDS WITH STRETCHING OF THE
SKIN, MINIMIZING SWELLING, AND
REDUCES FUTURE SCARRING.

Dear women!! Wouldn't it be nice to get Post OP care of your bigger, perkier, or matching breasts?

Yes? Treat yourself with extra care after Breast Augmentation surgery with our Lymphatic Drainage Massage!

Lymphatic Drainage Massage aids with the strengthening of the skin, minimizing swelling, and reduce future scarring and lumpiness after surgery.

~Enhance your Breast Augmentation experience with our Lymphatic Drainage Massage therapy today;
link in Bio to book your consultation~

The advertisement features a green background with a subtle leaf pattern. On the left, a light green vertical rectangle contains the N'DIA Med Spa logo at the top, followed by the text 'Post Op Services' in a large, white, serif font. Below this, a horizontal line separates the header from a paragraph of text. To the right of the text box is a circular inset image showing a person's back being massaged with hands. The person is lying on a white towel, and a small bouquet of white flowers is visible in the lower left of the circle. At the bottom right of the green background, the website address 'NDIASMEDSPA.COM' is written in white, all-caps, sans-serif font.

N'DIA
Med Spa

Post Op Services

Our gentle post-op Lymphatic Draining Massage treatment is designed to help you heal faster as you recover from any cosmetic surgery.

NDIASMEDSPA.COM

Are you curious how our Lymphatic Drainage Massage works?

Based on the anatomy and physiology of the Lymphatic System, our Lymphatic Drainage Massage works by exerting light pressure and rhythmic strokes that drain the toxins and excess fluid into lymph vessels. Our gentle massage decreases puffiness and enhances skin tone by draining fluid from congested areas after surgery.

Here at N'DIA Medspa, our personalized protocols use an innovative approach, often combining a variety of modalities to let you enjoy the best out of your Lymphatic Drainage Massage.

To start your pre or post OP Lymphatic Drainage Massage therapy with us, visit Link in Bio.



Mummy MAKE OVER

Recover Faster with Lymphatic Massage Therapy

NDIASMEDSPA.COM

You got mummy makeover? Cool!!!

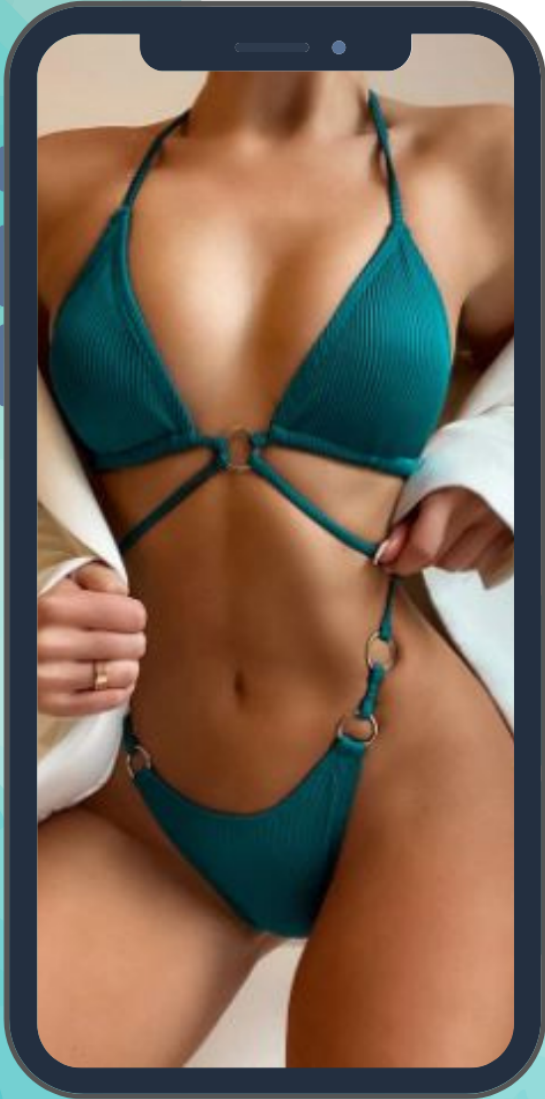
But what about Post OP care??

Schedule your appointment with us to recover faster from your mummy makeover with our Lymphatic Drainage Massage.

Mummy makeover comes with several issues such as wound healing, bleeding, infection, and seroma (fluid collection) formation. Lymphatic Drainage Massage will help you give your body the same shape faster as it was before your first pregnancy.

*N'DIA Medspa offers tailored **Lymphatic Drainage Massage** to resolve many of these issues and help you reach a more fulfilling pre-pregnancy look!*

For a consultation, link in the Bio!



N'DIA
Med Spa

Post Op —————
Massage

Mommy Makeover 

Brazilian Butt Lift 

Lipo 360 

BOOK NOW

N D I A S M E D S P A . C O M

Confused over when to go for post OP care?

Book your consultation with us to know the best suitable time for your post-OP Lymphatic Drainage Massage therapy!!

Typically, Doctors recommend Lymphatic Drainage Massage therapy within 2-3 days of your surgical procedure. Most post OP patients require 4-6 treatments, but this number often changes based on the type of surgery you had.

To know the optimal time and your individualized number of treatments post-surgery, visit Link in Bio!



Lipo 360

POST OP LYMPHATIC DRAINAGE

Massage

NDIASMEDSPA.COM

Did you know why surgeons recommend Lymphatic Drainage Massage Post Lipo 360?

Though lipo 360 doesn't involve large incisions, you may still feel hardness or lumpiness in areas that underwent the procedure. Trauma from cannula during lipo360 may result in post-surgical lymphedema, which demands Lymphatic Drainage Massage therapy. Without Lymphatic Drainage Massage, you're highly likely to suffer from fibrosis. Therefore, many surgeons recommend Post OP Lymphatic Drainage Massage from N'DIA Medspa.

To receive tailored Lymphatic Drainage Massage from us, book your appointment RIGHT NOW!

Cosmetic Surgery

LYMPHATIC DRAINAGE MESSAGE TYPES



Lipo 360



Tummy tuck



Brazilian Butt Lift



Thigh Plasty



Breast Augmentation

N D I A S M E D S P A . C O M

Did you know about types of Lymphatic Drainage Massage?

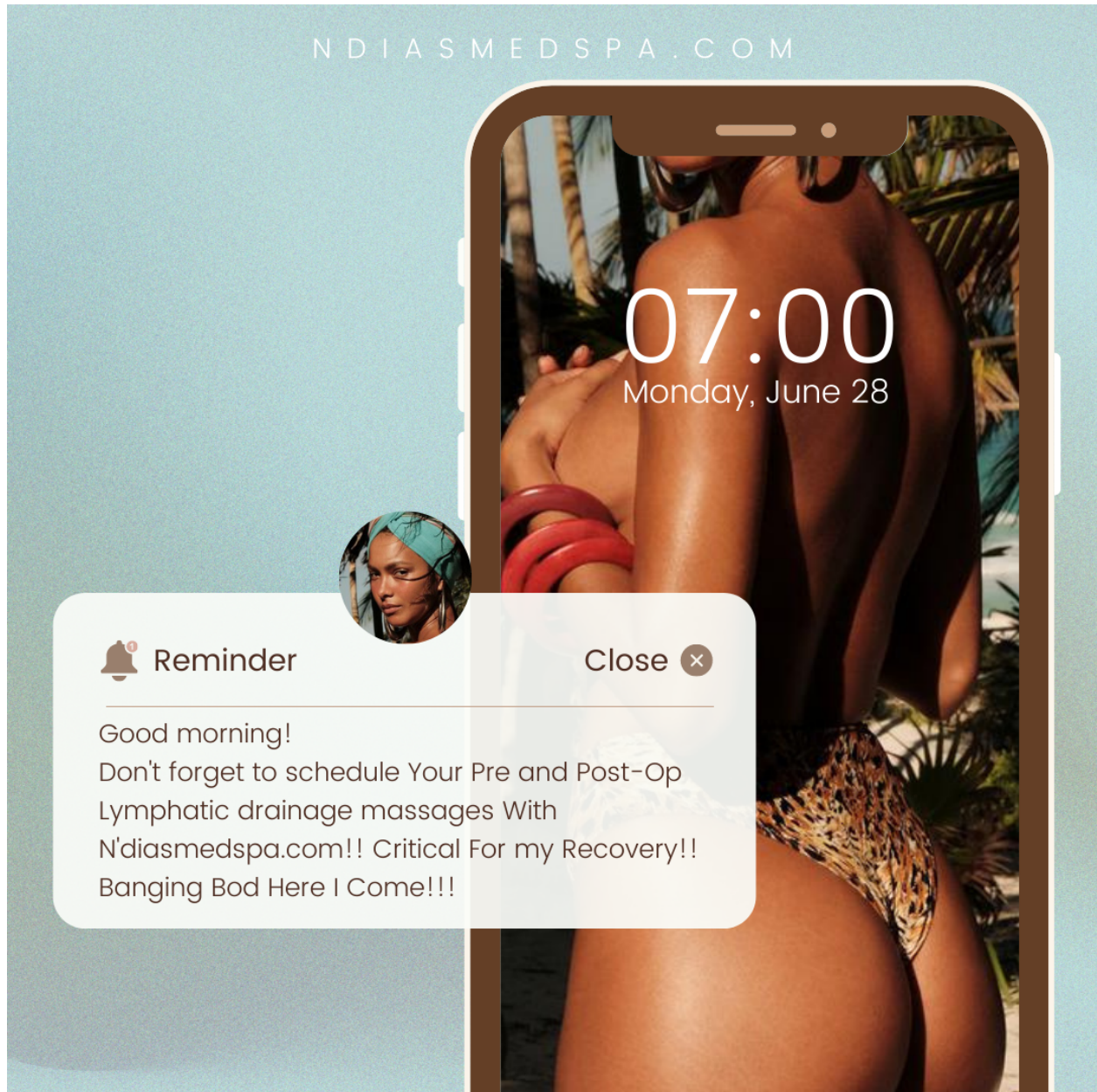
According to WebMD, there are four types of Lymphatic Drainage Massages.

- ✦ **Vodder.** It involves sweeping motions around the treatment area.
- ✦ **Foldi.** It includes alternate circular hand motions and moments of relaxation.
- ✦ **Casley-Smith.** These are circular hand motions by using the palms and sides of the hands.

- ★ **Leduc.** It involves collecting lymph fluid with hand motions and redirecting it into the larger lymphatic system.

Experts at N'DIA Medspa provide Lymphatic Drainage Massage that best suits your lipo360, tummy tuck, Brazilian butt lift, or breast augmentation surgery.

To book your appointment, visit the Link in Bio!



Ever wonder why Lymphatic Drainage Massage is critical for your recovery?

- Lymphatic Drainage Massage optimizes your lymphatic system, which is a part of the immune system. The lymphatic system contains lymph nodes, lymph vessels, protein mixture, water, and immune system elements. These help the body fight infections, reduce puffiness, swelling, and blotches.

Looking at components of the Lymphatic system, you must have noticed how it can ***ease back into being active*** after surgery.

To get the best out of your surgery, book your appointment with us by visiting the Link in Bio.



Did you get Brazilian Buttlift, or planning on having one in the future?

Make sure to schedule a Lymphatic Drainage massage with us pre and post-surgery.

Why? Lymphatic Drainage massage help improves blood circulation, remove toxins, reduce swelling, and prevent fibrosis. It also reduces stress and helps in overall relaxation.

Enjoy your new Buttlift sooner with our Lymphatic Drainage Massage therapy. Visit the link in our Bio to book your appointment!

Cosmetic Surgery

Enhanced Recovery
Lymphatic Massage



N D I A S M E D S P A . C O M

Hey, lovelies! Want to enjoy the perks of your cosmetic surgery sooner than ever?

Yes? Consider our Post OP Lymphatic Drainage Massage

Wonder how it helps?

Lymphatic Drainage Massage reduces inflammation, stimulates the optimal working of your lymphatic system, and increases blood circulation, thus enhanced recovery. It also reduces scars by decomposing, loosening, and realigning collagen fibers.

N'DIA Medspa is here to help you heal from your Cosmetic Surgery. Visit the Link in Bio to book your appointment and have the most optimal result.



Ladies!!! Want to get back to daily routine quickly but also excited to see the results of your cosmetic surgery???

Yes?? Then, you definitely need to know how ***Post OP Lymphatic Drainage Massage*** can heal you quickly and let you enjoy your dream physique.

- ☐ Faster Recovery
- ☐ Reduced swelling and fluid retention
- ☐ Reduced scar formation
- ☐ Vibrant and healthy skin
- ☐ Strengthens immune system
- ☐ Excess water and metabolic waste removal

Here at N'DIA Medspa, we offer Post OP Lymphatic Drainage Massage. Stop by or book your appointment, and we'll be happy to help you attain your personal aesthetic goals.

N D I A S M E D S P A . C O M

CONFIDENCE BREEDS BEAUTY

B R E A S T A U G M E N T A T I O N R E C O V E R Y



☀ Ever wonder why you need Lymphatic drainage Massage after Breast Augmentation surgery? ☀

Here we'll tell you a few basics of Breast Augmentation Surgery, and how we at N'DIA can provide you tailored Lymphatic drainage Massage for the most beautiful results.

- Breast Augmentation creates spaces between your breast tissues due to cutting. The body makes serous fluid to fill the space and to heal the wounds. But the problem arises when too much fluid develops in tissues that interfere with healing and harbor bacterial growth that may cause infections.

Experts at N'DIA Medspa prevent fluid accumulation and capsular contracture formation in your breasts by Lymphatic drainage Massage.

So, what are you waiting for???

Book your appointment right now to get the confidence that breeds beauty!!!

Link in Bio