IDA-TALLINNA KESKHAIGLA

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Instrumental lymphatic massage

Lymphatic massage or pneumo-massage activates the flow of lymph in the lymphatic system, affecting the subcutaneous tissues and stimulating the drainage of both lymphatic fluid and interstitial fluid.

The goal is to stimulate the activity of the lymphatic circulation and improve the drainage of fluid and waste products from the body.

The length of the treatment course is determined by the doctor. A doctor's referral is required for the service. The service is for a fee.

Appointments can be booked:

- by phone 666 1900 **Mon-Fri 7:30-18:00**
- at the reception