

Kathryn 'Kit' Lee, LMT, CLT

Vodder Certified Lymphatic Drainage & Combined Decongestive Therapist

*Lymphayoga*TM

- MASSAGE & LYMPHEDEMA THERAPY
 - LYMPHATIC YOGA
 - LOW LEVEL LASER THERAPY
 - COMPRESSION THERAPY
- CLEAN SKINCARE, ESSENTIAL OILS, CLEANING PRODUCTS:
 - YOUNG LIVING & BEAUTYCOUNTER

LYMPHAYOGATM combines my Lymphedema Therapy with a yoga practice. I have several different classes based on where you are in your treatment and the areas of concern. I work with all patients preventatively and that have lymph challenges to help optimize their quality of life.

LYMPHAYOGATM focuses on the whole person, combining eastern and western methodologies and philosophies. I believe the patient is the center of the care process. I do not focus only on the symptom control; I educate and promote that the patient has an active role in self-management and self-efficacy. It is important to use clean products. You can purchase Young Living Essential Oils/Cleaning Products & BEAUTYCOUNTER clean skincare, affordable products with me through my website.

Licensed as a Massage Therapist in Illinois and Colorado with 20 years of experience. Certified by Vodder Certified Lymphatic Drainage and Combined Decongestive Therapist Certification (Certified Lymphedema Therapist) Recertified in January 2019. I use pneumatic compression, K-tape, bandages. Advanced training in Low Level Laser Therapy, a Proven, Non-Invasive, Drug Free Healthcare Solution, Well documented to help decrease pain and inflammation at local sites, increase healing of injuries, incisions and wounds.

I offer private massages, lymph therapy and private/group yoga in home/office, and can provide all massage/lymph services at **742 N. Ada St., Unit 1, Chicago, IL 60642**. I am available for workshops. I have a gifting fund, if you would like to purchase treatment for someone specific, or you would like to help someone who needs lymphedema treatment but cannot afford it. Please contact me for details.

**Starting August 2019,
Group/Private classes at LUNA Medical,
"AbsoYOGAlutely",
1057 W. Grand Avenue, 1-800-380-4339.**

742 N. Ada St., Unit 1, Chicago, IL 60642

HolisticEvolvingBodyworks.com

HolisticEvolvingBodyworks@gmail.com

970.209.7852

