

The Big 6™ Lymphatic Massage

Benefits of The Big 6™ Massage:

- Promotes detoxification and lymph drainage
- Improves blood and fluid circulation
- Enhances skin glow and reduces puffiness
- Boosts immune system and recovery
- Encourages relaxation and stress relief
- Supports whole-body vitality

How to Do the Big 6™ Lymphatic Massage:

1. **Collarbone:** Gently stretch the skin above your collarbones downward toward your chest 5–10 times.
2. **Side of the Neck:** Lightly stroke from under the jaw down the side of your neck toward the collarbones.
3. **Underarms:** Press and release the area near your armpits using soft, rhythmic motions.
4. **Abdomen:** Use gentle clockwise circles around your belly to support internal lymph flow.
5. **Groin Crease:** Place hands where legs meet the torso and lightly press upward.
6. **Behind the Knees:** Use gentle pumping motions behind each knee to move lymph upward.

Tip: Perform this sequence daily for optimal lymph flow and radiant health. Always move from the outer body toward the collarbone for best results.



Do not perform BIG 6™ if you are pregnant, have heart or circulation disorders, acute infections, or diagnosed with cancer.

BIG 6™ is not medical advice. Consult your primary care physician before beginning any new program. Perform BIG 6™ at your own risk. Stop Chasing Pain is not liable for any issues resulting from doing the BIG 6™.

Watch a Video Demo [here](#).

Inspired by Dr. Perry Nickelston, Stop Chasing Pain