

Tatiana Vianna

Founder, Brazilian Beauty Bar

@brazilianbeautybarla

Your lymphatic system

Collects extra fluid. Filters it. Returns it to your blood.



About 600

lymph nodes in your body

About 300

in your head and neck

Your heart pumps blood.

Your breathing and everyday movement help move lymph through your body.

Lymph vessels gently squeeze, too.

Daily habit: move often and breathe deeply.

BRAZILIAN BEAUTY BAR

Brazilian Lymphatic Drainage

A look at our work







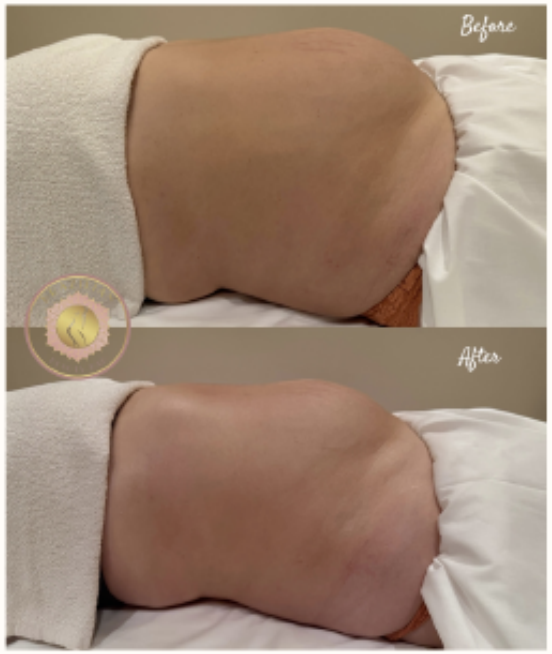
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Individual results vary.

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WoT

BEAUTY SUMMIT 2026

WE'RE SO GLAD YOU'RE HERE!