

SAN FRANCISCO HEALTHCARE

Hands That Heal

The brainchild of **Luciana Andrus, Just For You Bodywork & Massage** is known for specialized Brazilian lymphatic drainage treatment that heals patients recovering from surgery.

Luciana Andrus is a celebrated figure within San Francisco's massage therapy circles. As the founder and owner of Just For You Bodywork & Massage—voted one of Expertise.com's Best Massage Therapists in the city—she helms a team of talented therapists, trained by Andrus, who specialize in a diverse array of healing arts.

But Andrus herself does not practice massage therapy—not anymore. She performs Brazilian lymphatic drainage, a treatment that rids the body of toxins by targeting the lymphatic system. Most of her clients are postoperative patients seeking the kind of accelerated healing that this wildly successful treatment promises. “Brazilian lymphatic drainage starts working quickly and helps people heal faster,” Andrus says. “This modality is critical for people postoperatively.”

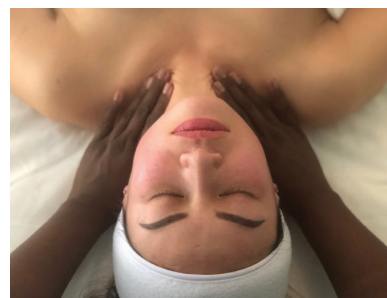
Discovering a Sweet Spot

Andrus' journey started far from San Francisco. She grew up in Brazil, the only child in an impoverished household. When she was four years old, her father came down with a debilitating illness, so Andrus cared for him while her mother was a housekeeper. Despite the circumstances, Andrus always did well in school, and shortly after her parents passed away, she moved to the United States. In 2016, she enrolled in massage therapy school and within a few months of graduating, she opened her first massage practice.

A number of Andrus' early clients were postoperative cancer patients who relayed what their doctors told them about healing

and the lymphatic system. Andrus tried the post-op Brazilian lymphatic drainage she had developed on these clients and followed up afterward. What she discovered stunned her: The clients experienced substantial decreases in swelling almost immediately. “The universe was talking to me,” Andrus recalls. “I remember thinking, had I known about the lymphatic system earlier, maybe I could have helped my dad.”

Andrus posted photos of her clients' progress on Instagram and within a year was sought after by postoperative patients wanting Brazilian lymphatic drainage. Surgeons, too, were taking notice and sending her patients. Andrus was thrilled: She'd found her sweet spot in the medical field.



The Key to Recovery

The lymphatic system is the body's way of cleaning itself internally. Key to that process is a network of 600 lymph nodes, which filter out toxins and impurities that are then passed through the body as waste. The more toxins the body absorbs, and the more physical injury it sustains (think surgery), the more vigorous the body's inflammatory response, which in turn clogs up the lymph nodes.

Brazilian lymphatic drainage counteracts this by stimulating the lymphatic tissues to encourage a faster processing of toxins. It's not a massage but a medical treatment that promotes healing and supports the immune system. Being in Silicon Valley, most of Andrus' clients have had elective plastic surgeries; however, the potential to heal patients recovering from all kinds of surgical trauma is tremendous.

For Andrus, caring for people in this manner is a dream come true. “It is a powerful practice,” she says. “All I need is my hands and my knowledge.”



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