

Cold Globes Link:

[https://youtu.be/66\\_22i2swTc?si=1814rvWzCsl8AZFD](https://youtu.be/66_22i2swTc?si=1814rvWzCsl8AZFD)

Lymph Drainage Link:

[https://drive.google.com/file/d/1VLeXp\\_c5ynu9fLp9z7fQPMRSuXeoJnPO/view?usp=sharing](https://drive.google.com/file/d/1VLeXp_c5ynu9fLp9z7fQPMRSuXeoJnPO/view?usp=sharing)