

Aftercare Advice

Contrary to belief, the effects of treatments don't stop the moment the massage does. The effects can continue for several days after, and will be effected by the steps you take to maximise the benefits.

24-48 HOURS POST MASSAGE

As your body adapts and responds to the massage, it is perfectly natural to experience any of the below for up to 48 hours and can be assisted as shown below:

- Muscle soreness (use a cold compress for up to 10 minutes at a time as required)
- Temporary reddening of the skin (let the skin rest and this will quickly return to normal)
- Sleepiness or increased alertness (listen to your body and respond accordingly)
- Increased emotions (take some time out, rest and get a good night's sleep)
- Headache, dizziness or nausea as the body expels the toxins released in the body (rest and drink lots of water or herbal tea to flush out the toxins)
- Flu/cold-like symptoms due to the release of toxins (rest, herbal tea, a hot bath and get a good night's sleep)
- Increased urination or defecation (remain well hydrated)

HEALTH ENHANCING AFTERCARE ADVICE

- Stay hydrated, drink at least 2 liters of water every day
- Maintain a healthy balanced diet with 5-6 portions of fruit and veg per day
- Aim for 7-8 hours' sleep a night
- Reduce caffeine intake and increase moderate exercise.
- Drink alcohol in moderation
- Find ways to relax. Take a hot bath, listen to music, engage in meditation or yoga, go for a brisk walk, read a good book, settle down to a light film or comedy sketch.
- Book frequent therapies and activities that make you feel good and further promote great health and happiness!