



Massage Aftercare Advice

The advice outlined below should be taken following a massage to aid the healing process and maximise benefits:

- Drink plenty of water (minimum 6 glasses) to assist in the elimination of toxins from the body and promote cleansing
- Avoid stimulants such as caffeine, alcohol and fizzy drinks for at least 24 hours whilst the body is detoxifying
- Refrain from smoking for at least 24 hours
- If oil has been applied during the treatment, allow this to be absorbed into the skin and/or hair for 2-3 hours if possible, to nourish the skin and/or hair
- Do not sunbathe or expose yourself to direct sunlight if oil has been applied in case the skin burns
- Avoid sunbeds, saunas, hot baths and steam rooms for at least 24 hours
- Eat a light diet to aid the detoxification and healing process
- Get plenty of rest. You may feel tired after treatment
- Avoid strenuous exercise, however, gentle postural exercises can help with muscle tension as well as exercises that will assist with mobility. Gentle walking, Yoga and Pilates are suitable options
- Carry out breathing exercises to increase oxygen intake to your fullest capacity
- Take care when driving as response times may be reduced. Ensure that the windows are lowered to avoid drowsiness

Recommended relaxation and stress reduction exercises :

- Meditation
- Breathing exercises
- Yoga
- Pilates

Contra-actions (Healing)

Occasionally, you may experience any of the following reactions up to 24-48 hours after treatment. This is known as a contra-action and is the body's response to the treatment:

- Headache
- Dizziness or nausea
- Disrupted sleeping pattern
- Muscles may ache and feel tired. There may be some redness
- Some redness or soreness on the areas treated, especially where deep work has been carried out
- Increased urination or passing stools
- Increased thirst
- Fatigue

These reactions are uncommon, however perfectly normal and show that toxins are being expelled from the body.

N.B. In the unlikely event that you experience any severe pain or prolonged discomfort, please seek advice from your GP.