



## AFTERCARE DOCUMENT

### CONTRA-INDICATIONS

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

Headache

Dizziness & nausea

Disrupted sleep

Muscles may ache\*

Increase in urination due to detoxing

Increase in thirst

Fatigue

These are positive signals and perfectly normal and show that toxins are being expelled from the body so that it may re-balance and cleanse itself.

\*Muscles may ache – Sometimes they can feel bruised due to the nature of some types of massage. This is often seen in the denser areas of the body like hips & buttocks. This will subside in a few days.

### AFTERCARE

Please read the guidance below carefully if you have booked in for a massage. This is to assist to help you get the best from your treatment(s).

The following advice should be taken following a treatment:-

Avoid alcohol for at least 24 hours as massage is a detoxifying treatment.

Drink plenty of water to assist the elimination of toxins from the body.

Eat a light diet to assist the detoxification and healing process.

Get plenty of rest. You may feel tired.

Gentle exercise, postural exercise can help with muscle tension and will assist with mobility.

(Yoga is a gentle option.)

