



Here are a few aftercare tips:

- Try to rest and relax for the remainder of the day and avoid any strenuous activity if possible.
- You may experience heightened emotions, perhaps even being tearful. This is due to the release of tension within the body so try to relax and stay calm.
- Keep warm as massage and relaxation treatments can make you feel more sensitive to the cold, having some hot drinks could help this out.
- Drink plenty of water and/or herbal teas to rehydrate your body and reduce fatigue. This will help to flush the toxins from your body.
- Avoid alcohol, cigarettes, coffee and fizzy drinks for at least 24 hours, try to drink only water and/or herbal teas.
- Avoid eating a heavy meal soon after the treatment. Eat light meals for the rest of the day to allow your body to concentrate on healing and encourage detoxification.

You may experience some aching and tenderness within the muscles for 24 hours or so after a massage. If you do feel a little sore, this is due to the body's nerves responding to the massage treatment. Do some light gentle stretches. If feasible, take a warm bath with salts.

bringing balance to the body and mind