

Massage Matters



Aftercare

To extend the benefits of your treatment it is worth considering:

- resting and relaxing as much as possible for the next few hours and avoiding any strenuous activity
- drinking plenty of water or herbal tea to help flush out any toxins released by your treatment
- avoiding alcohol / caffeine / spicy food and heavy meals
- avoiding smoking if possible
- avoiding direct exposure to strong sunlight, and not using sun beds
- getting an early night.

Possible side effects

It is perfectly normal to feel side-effects for up to 12 hours after a massage and you may experience: headaches / nausea / thirst / tiredness / the need to pass water more frequently / a temporary break-out of spots / aches and pains – muscles can feel tender or bruised particularly if you have had a deep tissue treatment; this is completely normal and symptoms should subside within 12 hours.

If you have any cause for concern about any symptoms or reactions, please do not hesitate to contact me on **07725 062259**.

