



Massage Aftercare Advice

To get maximum benefits from the treatment, it is essential to follow the advice outlined below.

To avoid irritation, for 24 hours after treatment:

- Drink plenty of water to assist the body's detoxification process. It is strongly advised to drink a full glass of water immediately after the treatment to avoid headaches that can be caused by the toxins released through the massage.
- Avoid eating a heavy meal after treatment. Try to keep the diet light while the body is using its energy for healing.
- Avoid further toxins and stimulants such as smoking, alcohol, drugs, tea and coffee.
- Avoid heat treatments and applying further products to the skin as it may be sensitive.
- Avoid strenuous exercise to allow the body to use its energy for healing.
- If oil has been used in the treatment, leave in for a couple of hours if possible to nourish skin and hair.

General lifestyle advice to prolong benefits of massage:

- Don't smoke.
- Get 8 hours of sleep per night.
- Exercise 2-3 times per week.
- Take time to relax – take up a hobby or simply have a hot bath to relax the muscles and let mental tensions wash away.
- Practice Tai Chi, yoga or meditation, if appropriate.
- Practice the correct breathing techniques to create a feeling of calm.

General dietary advice to aid the benefits of massage:

- Drink 2 litres of water per day.
- Eat a healthy, balanced diet.
- Avoid fast food.
- Eat 5 portions of fresh fruit and vegetable per day.
- Avoid alcohol as it dehydrates the body.

It is advised to receive massage once a week for 4-6 weeks to initiate the healing process, then once a month to maintain the benefits, although this will vary from client to client.