

Get the most out of your massage

Here are some great tips to get lasting benefits from your massage:

Are you tired or energised? If you're energised, then consider a gentle exercise (slow movements) for the next 24 hrs while your body adjusts, perhaps a walk.

Headaches or aching. Sometimes you can feel a little tender so a warm bath can be helpful, and drink water and/or take your usual painkillers.

Going to the toilet more is totally normal and should not last for longer than 24-hrs.

Emotional. The body can release more than tension from massage, and an emotion release is normal so try to be compassionate with yourself.

Nutritious meals, No alcohol. Eating light nutritious meals will help your body continue the healing you need.

Limit caffeine and sugar. It may be tempting, if tired, to reach for sugary treats and caffeine, try some fresh fruit instead, your body will thank you.

Above all, listen to your body as it may need time to adjust after the massage, so pay attention to what your body is telling you. ✨

AFTERCARE RECOMMENDATIONS



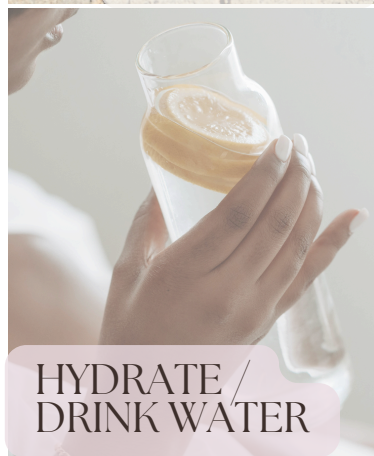
REST & RELAX
BATH / SHOWER



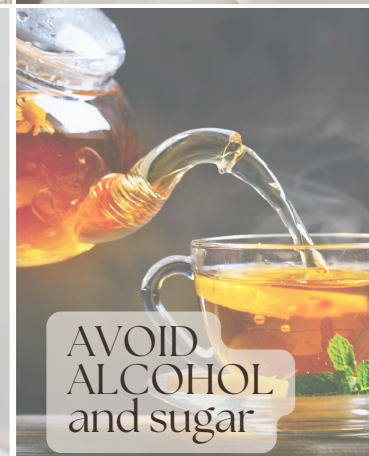
GENTLE
MOVEMENT



LISTEN TO YOUR
BODY



HYDRATE /
DRINK WATER



AVOID
ALCOHOL
and sugar



*"Let the
magic
happen"*

After the massage...

It is advised to drink a few glasses of water or non-sugary fluids after your massage to help your body re-hydrate.

