

AFTERCARE ADVICE FOLLOWING MASSAGE

After any form of massage (Aromatherapy, Swedish, Indian Head) you may experience some reactions. These reactions will depend on the intensity of the massage and you as an individual.

It is normal to expect some aching and soreness in the muscles and tiredness in the first 24 hours. This is due to the release of toxins and the initiation of healing. The tiredness may be replaced by an invigorated and refreshed feeling shortly after.

You may have a heightened emotional state for a while.

In order to help your body return to normal as soon as possible you are advised to: -

- Drink plenty of water to help flush the toxins, which have been released, out of the system.
- Eat a light diet to enable the body to use its energy to heal rather than digest.
- Cut down on tea and coffee and stick to fruit juices and herbal teas.
- Avoid smoking and alcohol.
- Rest as much as possible to allow the body to heal.
- Take warm baths to aid relaxation.
- Daily exercise as appropriate.
- After Aromatherapy leave the oils on your skin for as long as possible, so that they can be absorbed into your system.

