



MASSAGE AFTERCARE

AFTERCARE ADVISE

- Drink plenty of water to flush out toxins from the body.
- Try to take some rest after your treatment as you can feel quite tired and relaxed.
- Avoid alcohol for 24hrs
- You may experience slight tenderness to your muscles depending on the type of massage treatment. This can last up to 24 to 48hrs. To help alleviate this take hot baths or if you prefer ice packs are also good.
- Avoid sunbathibg for 24hrs after.
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PLEASE NOTE:

Contra actions:

Sometimes after a treatment some people experience something called a contra-action.

This is a healing response that can be experienced upto 24-48hrs after.

You may experience one or some of the following :

Headaches

Achy muscles

Blocked nose

Tiredness

Sickness/Nausea

Increase urination

Dizzyness

Please note these reactions are uncommon but perfectly normal healing responses. It's a way of your body regulating itself removing unwanted toxins to cleanse itself.

In any unlikely event if you have severe pain then please seek medical advice.

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