

# MASSAGE AFTERCARE ADVICE

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## After Your Massage

Please read the guidance below carefully if you have booked in for a massage session with Natural Beaute.

Please note, however, that the advice is not a substitute for the advice of a medical professional, but merely assistance to help you get the best from your treatment(s). If you have any questions at all, please do not hesitate to get in touch.

## Aftercare

The following advice should be taken following a massage:

- Avoid alcohol for at least 24 hours, as massage is a detoxifying treatment
- Drink plenty of water to assist in the elimination of toxins from the body
- Eat a light diet to assist the detoxification and healing process
- Get plenty of rest. You may feel tired after treatment
- Gentle exercise – postural exercises can help with muscle tension as well as exercises that will assist with mobility. Yoga is a suitable and gentle option.
- Do breathing exercises to assist with taking in oxygen to your fullest capacity
- Research the possibility of treatment options to assist with stress and other conditions, if necessary.

## Contra-actions (healing)

Occasionally, you may experience any of the following reactions up to 24-48 hours after treatment; this is known as a contra-action and is the body's response to the treatment:

- Headache
- Dizziness or nausea
- Disrupted sleeping pattern
- Muscles may feel tired and achy
- Increased urination or passing stools
- Increased thirst
- Fatigue

These reactions are uncommon but perfectly normal and show that toxins are being expelled from the body, so that it may re-balance and cleanse itself.

**N.B.** In the unlikely event that you experience any severe pain or discomfort, please seek advice from your GP.