



Coaching & Sports Massage

Aftercare Advice

You deserve to have time for you!

Massage aids the body's natural systems to release stress and toxins which have built up over time.

To get the most out of your Massage Treatment, it's advisable that you follow this aftercare advice for the next 12-24 hours:

- * Drink Plenty of water, coconut water or herbal/ fruit infusions
- * Eat light meals, to aid digestion
- * Avoid strenuous or vigorous exercise for at least 12 hours after
- * Avoid stimulants — Caffeine, Tea, Alcohol, Cigarettes or drugs as these are counterproductive and will increase the toxin levels

Most importantly:

- * Rest as much as possible to assist the healing process.
- * You may experience a feeling of tiredness or fatigue following massage. In some cases, headaches may follow.
- * You may feel emotional, it's quite natural to feel tearful.
- * Increased urination or flu-like symptoms (runny nose, coughing) may be experienced, but these will be temporary as the body re-balances itself.
- * Depending on the type of massage and technique, as well as your own biology, you might have some red marks or bruising, whilst this is not uncommon, please let me know for next time.

Therapy 4 Body and Mind™

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