



**THERAPY  
4  
BODY  
AND  
MIND**

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.

**Therapy 4 Body and Mind**