



R J Parker Sports & Remedial Therapy



Reflexology Aftercare



The theory is that reflexology helps the body to restore its balance naturally.

Usually, after a treatment your tension may be reduced and you might feel relaxed. You might also notice yourself sleeping better and find your mood and sense of wellbeing improving. You may also find that other aspects improve too; however, this happens on an individual basis.

Common reaction to treatment includes:

- Matricuration (increased urination)
- Changes to bowl habits (usually increased)
- Headaches
- Changes to appetite
- Tiredness
- Bringing forth any cold-like symptoms
- Changes of sleep
- Increased emotions

In the next 24hrs to achieve the best from your treatment the key is to HYDRATE!

Any reactions you may experience as part of the body beginning to heal itself often involves a detoxification.

In order to not experience this detox negatively is HYDRATION.



*If any symptoms are experienced - it's easy to call them negative. However this is called a '**healing crisis**' and is a **POSITIVE** reaction to the treatment.*

If you are at all concerned about your treatment, please don't hesitate to contact me.

