

Self Care After Massage Therapy



Do's

- ✓ Stay Hydrated. Drink half your body weight in ounces of water each day.
- ✓ If you experience muscle soreness, warm your body with a heating pad, warm bath, or shower.
- ✓ Stretch your body head to toe.
- ✓ Apply a topical pain reliever such as CBD or an over the counter muscle rub.
- ✓ Apply cold therapy to the affected area.
- ✓ Rest and relax. You'll feel better soon.