

**AFTERCARE INFORMATION**

 **Following Holistic Massage, Indian Head Massage, Indian Face Massage or Reflexology treatments**

* Try to relax and take it easy for the rest of the day – if you can and feel the need to, nap.
* Drink plenty of water or herbal tea for 24 hours after your treatment as your body systems have been stimulated and are removing toxins from your body.
* Avoid high-heat treatments (hot baths, body wraps, saunas, sunbeds) for 24 hours.
* Avoid alcohol, smoking, caffeine, and fizzy drinks as they dehydrate your body and can add more toxins, therefore reversing the effects of the massage.
* Avoid eating a heavy or very spicy meal so your body can focus its energy on healing and detoxification.

You will feel very relaxed after a treatment, however sometimes you may feel exceptionally tired, dizzy, nauseous, emotional, and possible, increased mucus in the nose and the need to urinate more frequently. *Although you may not experience any of these reactions you should be aware that they might occur.* These reactions are normal and are known as a ‘Healing Crisis’, where the body is reacting to the flushing away of toxins and re-balancing itself. These symptoms do not last long and shouldn’t be cause for alarm.

Within 24 hours of your treatment, you will be contacted by Lighthouse Holistic to check in on how you are.

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**Following Colour Therapy, Colour Mirrors & Cards, Aura & Chakra Balancing**

All post session experiences are unique to each individual and will vary from person to person. You may not experience anything afterwards, this is not uncommon. You may have an ‘ah-ha’ moment in a few days or weeks following, or you may wake up feeling very different! Any and all can be very normal.

Any adverse physical reactions are temporary and are usually a result of toxins being released by the body in response to the stimulation of blood, lymph and energy around the body’s organs and systems. It is important to allow the natural healing mechanism of your body to work. Listen to your body and its needs.

**What may happen after your treatment?**

* You may feel more energized, possibly euphoric, as your energy pathways unblock.
* As energy blockages generally release retained tension, a feeling of relaxation usually follows.
* You may feel emotional and tearful. This is a very normal reaction. Try and flow with any feelings as they arise, be kind and compassionate to yourself as much as you can.
* You may feel tired and lethargic. This is the effect of the body’s own natural healing process and once this has passed you should feel more energetic.
* There may be an increase in urination, nasal secretions, bulk, volume, and frequency of stools.
* Pain and discomfort such as muscle ache or headache should be temporary.

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**…Aftercare Information cont’d…..**

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* Avoid high-heat treatments (hot baths, body wraps, saunas, sunbeds) for 24 hours.
* Avoid alcohol, smoking, caffeine, and fizzy drinks as they dehydrate your body and can add more toxins, therefore reversing the effects of the massage.
* Avoid eating a heavy or very spicy meal so your body can focus its energy on healing and detoxification.

Within 24 hours of your treatment, you will be contacted by Lighthouse Holistic to check in on how you are. Within 1 week of your treatment, you will be offered a confidential 15-minute video check-in with your Therapist in order to connect again, observe, review and discuss any outcomes, realisations, feelings or reactions experienced.

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**Please Note:**

If you are concerned about any of the feelings you are experiencing after your treatment or therapy, we are always here to support, help, guide, and advise. Please do not hesitate to reach out either via WhatsApp, Text, Email, or Phone if you would like to talk anything through. This is your personal Wellness Journey – we are here to help.

Warm Wishes

**Jennifer Capewell**

**Founder**

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