

INDIAN HEAD MASSAGE AFTERCARE

Thank you for choosing Natural Beauté.

To help you gain the maximum benefit from your treatment, please follow the guidance below.

AFTERCARE

- Drink plenty of water to help maintain hydration.
- Allow yourself time to rest and relax where possible.
- Avoid alcohol for the remainder of the day.
- Reduce caffeine intake where practical.
- Eat light, nutritious meals.
- Avoid strenuous exercise for the rest of the day.
- Take care when standing up following your treatment, particularly if you feel deeply relaxed or light-headed.
- If oils have been used during your treatment, leave them on the hair and scalp for as long as comfortable before washing.

IMPORTANT INFORMATION

Following an Indian Head Massage, some clients may experience temporary feelings of deep relaxation, mild tiredness, increased thirst, emotional release, or a temporary increase in urination. These responses are generally short-lived and form part of the body's natural response to treatment. If you experience any unexpected symptoms, persistent discomfort, or have any concerns following your treatment, seek appropriate medical advice.

BEFORE YOUR NEXT APPOINTMENT

Please inform your therapist if:

- Your medical history has changed.
- You have started any new medication.
- You have experienced any adverse reactions since your previous treatment.
- You are pregnant or there has been a change in your pregnancy status.

