

## MESSAGE AFTERCARE ADVICE

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Thank you for choosing Natural Beauté.

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

### AFTERCARE

Following your massage treatment:

- Drink plenty of water to help maintain hydration.
- Allow yourself time to rest and relax.
- Avoid alcohol for the remainder of the day where possible.
- Eat light, nutritious meals.
- Avoid strenuous exercise for the rest of the day.
- Gentle stretching or light activity may help maintain flexibility and comfort.
- Take care when standing up after your treatment, particularly if you feel deeply relaxed or light-headed.
- Continue any homecare advice recommended by your therapist.

### IMPORTANT INFORMATION

Following a massage treatment, some clients may experience temporary effects including:

- Mild muscle tenderness.
- Tiredness or fatigue.
- Increased thirst.



- Temporary light-headedness.
- A temporary change in sleep patterns.

These responses are generally short-lived and should settle within 24–48 hours.

If you experience severe pain, excessive discomfort, significant swelling, unexpected symptoms, or have any concerns following your treatment, seek appropriate medical advice promptly.

### **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 reaction since your previous treatment.
- You are pregnant or there has been a change in your pregnancy status.
- You have received any new medical diagnosis or treatment.

