

REFLEXOLOGY AFTERCARE ADVICE

Thank you for choosing Natural Beauté.

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

AFTERCARE

Following your reflexology 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.
- Reduce caffeine intake where practical.
- Eat light, nutritious meals.
- Avoid strenuous exercise for the rest of the day.
- Listen to your body and allow yourself time to recover if you feel tired.
- Continue any wellbeing or self-care routines recommended by your therapist.

IMPORTANT INFORMATION

Following a reflexology treatment, some clients may experience temporary responses including:

- Increased relaxation.
- Tiredness or fatigue.
- Increased thirst.
- Temporary changes in sleep patterns.
- Mild emotional release.
- A temporary increase in urination or bowel movements.



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

During treatment, some reflex points may feel more sensitive than others. This is a normal response, and sensitivity usually decreases as the treatment progresses.

If you experience severe pain, significant discomfort, 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.

Your therapist will recommend a suitable treatment plan based on your individual needs and goals.

