



REFLEXOLOGY AFTERCARE ADVICE

The following advice should be taken following a reflexology treatment:

Please read the guidance below carefully if you have booked in for a massage session with Natural Beaute.

Please note; that the advice is not a substitute for the advice of a medical professional, but merely assistance to help you get the best from your treatment(s). If you have any questions at all, please do not hesitate to get in touch.

Aftercare of you're treatment

- No alcohol up to 24 hours
- Drink plenty of water
- Eat a light meal
- Reduce caffeine
- Get plenty of rest
- Good diet
- Reduce smoking
- Listen to your body

What is happening?

The body is trying to heal itself, i.e.re-balancing – homeostasis. Toxins are released from the tissues into the lymphatic and blood circulation. Cell renewal is accelerated. Pain killing “endorphins” are released in some areas. Toxins are released through other elimination channels – skin, respiration, kidneys and bowels.





Reactions during and after treatment

During: Sighing, pain on points, tenderness, sweating, stomach gurgling, crying, slight headache, thirsty, reaction in body, wind

After – you may experience: Headache, bad breath, thirsty, pass urine more, wind, more bowel movements, tired, emotional, aches and pains, runny nose, heavier period, healing crisis.

These reactions are normal and show that toxins are being expelled from the body so that it is rebalancing and cleansing itself. If, however, you experience any severe pain or discomfort please seek advice from your GP.

Treatment intervals

No closer than every 3 days. Once a week / once a month recommended.

First day following treatment may feel tired, body eliminating. Second day – feel good, recovering. Third day – earliest you can have treatment again.

